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Micheline Maylor, poet laureate, will be participating at a pop-up poetry slam.

— JENNIFER FRIESTEN/FOR METRO

A POET AND SHE KNOWS IT

Give her a word and she'll spin you a verse **metroNEWS**

Uber hints at re-entry

RIDESHARING

Company tells former drivers to get ready for its return



Helen Pike
Metro | Calgary

Uber's road back to Calgary has been a bumpy one, but there are some signs up ahead, and they're giving both customers and drivers hope.

On July 27, Uber sent an email to some Calgary operators who were out of a job in February when Uber ceased operations. The message is clear: Think ahead and get your class 4 licence; we'll even pay you \$200 when we're back up and running.

The company was shut down by a court injunction — and subsequently pulled out of the Calgary market when councillors

voted in favour of a bylaw that "broke the rideshare model."

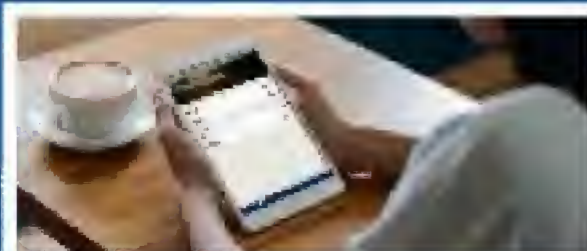
When asked about returning to Calgary, Uber's spokesperson responded with "We are still working with the City of Calgary and the Mayor's office," noting "if and when" they return, the court injunction — which is still in place — is expected to be withdrawn as a formality.

The company still doesn't have a TNC licence with the City of Calgary.

A few weeks ago, a couple of Calgary job postings made waves with Uber hopefuls who speculated this was the first sign of their return. Then, these emails sent some other drivers springing into action to get their Class 4 licences.

Once Uber relaunches, the email says drivers need only prove their Class 4 status and complete 50 trips to collect the cash.

It's worth the investment, according to the company because they "hope to be back."



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City says drop in youth not necessarily tied to economy

DEMOGRAPHICS

Experts watch baby bust from early '90s move through system



Brodie Thomas
Metro | Calgary

Leila Chaa says moving away from Calgary is a bittersweet change for her.

The 23-year-old completed a business degree at the University of Calgary in June but she had been applying for jobs since the start of 2016.

"At first I'd been applying massively within Calgary only. Then in April I thought, 'Maybe I should apply to Vancouver and Toronto.'"

She said she received no calls back from her local applications but had two follow-ups from larger companies in Toronto. She's now starting an internship with General Electric.

"That made me rethink my whole strategy," she said. "Not even two months and a company from Toronto calls me."

Chaa may be part of an exodus of people aged 20-24 seeking work outside Calgary.

The City of Calgary's recent census showed that age group was the only population to register a decline from the previous 2014 census.

+ POPULATION

■ Calgary's age 20-24 demographic **dropped 4,025** when compared with 2014.

■ This was the **only age group to see a population drop** in the 2016 city census.

■ Alberta saw **17,883 new residents** in 2016.

Michele Broadhurst of the city's Planning and Development Department said there are probably two reasons for the decline. The first has nothing to do with the economy.

"It's sort of demographic," said Broadhurst. "We saw a smaller birthrate with smaller family sizes in the '90s, and that sort of baby bust is working its way through the system."

She said forecasters expect the slump to work its way through the system over the next decade.

However, Broadhurst notes that this is the age group with the most mobility and the most willing to move for work — before they've married or settled down with mortgages.

In that way, the drop could be somewhat tied to the economy.

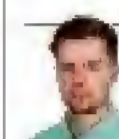
"The changes do correlate with the unemployment rate. If the jobs aren't here, they'll go elsewhere to find them," she said.



Leila Chaa moved to Calgary when she was in Grade 10 and completed a business degree at the U of C. She's now heading east after finding no job offers at home. JENNIFER FRIESEN/FOR METRO

ENERGY

Prices true trigger of deal return, say experts



Jeremy Simes
For Metro | Calgary

Instead of increasing the carbon levy on emitters, market prices may be the actual trigger causing power companies to return their agreements, according to economic and legal experts.

On Monday, the NDP government launched a lawsuit over the "Enron clause," which allows power companies to return their agreements if government action makes them unprofitable.

Deputy Premier Sarah Hoffman said the government wasn't aware of the clause until the energy minister was briefed in March, seven months after the government increased the carbon levy on large emitters in June.

On Thursday, Nigel Bankes, chair of natural-resources law at U of C, said it appears the energy companies are using the hike in the carbon levy in June as a trigger for lower profits today, even though a September briefing note suggested the power purchase agreements (PPAs) would remain profitable in the future.

Trevor Tombe, economist with U of C, suggested the value of PPAs has largely decreased because the price of electricity is at historic lows.

"The only thing that has changed is that the price has fallen," Tombe said. "So in that sense, one might conclude the policy change at the time it was made didn't constitute a trigger."

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FIRE

Suspected arson in northeast

Fire levelled two structures and torched several cars in a suspicious fire at an industrial site in northeast Calgary early Thursday.

Firefighters were called out to a car recycling location in the 2700 block of 5 Ave NE around 1 a.m. Thursday and upon arrival saw two separate buildings alit along with several vehicle. At that point, fire officials called out a second alarm due to the size of the fire.

Firefighters battled the blaze on two fronts and also dealt with several small explosions on scene from vehicle gas tanks exploding on the property.

One firefighter suffered an injury to his hand.

Fire crews had the area cordoned off as the Calgary Police Service arson investigators were called to the scene.

Anyone with information, photos or video on the fire is asked to e-mail piofire@calgary.ca

METRO



COLLISION

Woman in critical condition after car hit her

A woman is in critical condition after being struck by a vehicle in northwest Calgary Thursday morning.

Calgary police say another woman was backing her Honda CRV out of her driveway in the 100 block of Hawkwood Drive NW when she struck the other woman.

The victim was walking her dog at the time. Police are still searching for the dog, which is black in colour and wearing a leash.

There were no other injured individuals reported at the scene.

METRO



Calgarians are now used to seeing the 5 Avenue lane reversal in effect. JENNIFER FRIESEN/ FOR METRO

Calgary to make 5 Avenue lane reversal permanent

URBAN PLANNING

Trial project successful in opening up traffic flow



Helen Pike
Metro | Calgary

Two-way traffic on 5 Avenue SW may be here to stay, as the city aims to make a piloted lane-reversal program permanent in the fall.

On Oct. 15 2015, traffic on the busy one-way route was engineered into a two-way avenue between 5 Street SW and the west-end of downtown all days except from 6 a.m. to 9 a.m. on weekdays as a "trial." But after reviewing its effects, the city has decided to put permanent measures in place to keep their lane-reversal program running.

The city is doing more consultations with commuters, businesses and citizens in the area to make the reversal permanent as early as 2017.

Currently, pylons are still denoting the lane reversal, but

if the city makes it permanent, there might be concrete barriers added, or other agreed upon measures.

According to 2015 data, the



It's part of a bigger plan of giving people more capacity to go westbound downtown.

Brittany Kustra

lane reversal system is being used at 60 per cent capacity. It's helped the city reroute an average of 850 vehicles from other roads during peak period times.

"There are a few reasons this was implemented, and it's part of a bigger plan of giving people more capacity to go westbound downtown," said roads spokeswoman Brittany Kustra.

Although the 4-car CTrains help those taking transit in and out of the core during peak periods, they've created bottlenecks for the regular commuters trying to get out of down-

town. But the lane reversal program actually increases the city's capacity to help 700 more vehicles exiting the core westbound.

"At the intersection of 7 Avenue and 8 Street there tends to be a little bit of a bottleneck there, 4-car trains take more time to go through that intersection," Kustra said.

She said the city is pursuing public consultation on what a permanent fix would look like. When Calgarians come back from their summer vacations, consultation days should be on their way.



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Study shows living disparity in Canada

HUMAN DEVELOPMENT

Alberta similar to Switzerland, Nunavut like Latvia: Analysis

Canada sits on an enviable top-10 perch when it comes to quality of life around the world, but a new analysis points to significant disparity among its provinces and territories.

Albertans, for example, enjoyed a quality of life in 2014 comparable to that found in countries like Switzerland or Denmark, says a new report that seeks to replicate the United Nations human development index for Canadian regions.

At the other end of the spectrum, says the report released Thursday, Nunavut would have had a quality of life similar to that of Latvia or Croatia.

Overall, Canada holds down the ninth spot on the 2015 UN index of 188 countries, which was based on 2014 data. It tied with New Zealand, one slot below

the United States.

By comparison, if Alberta had been stacked up against countries on the list, it would have landed in fourth place — the highest among Canada's provinces and territories.

Nunavut would have ended up 46th, the report says.

"Although most Canadian provinces and territories achieve impressive ranks in the international context, evidently Canada's overall (human development index) masks substantial variation among the different regions," said The Centre for the Study of Living Standards.

The UN human development index is a frequently used tool that measures one country's standing with another. It combines data on life expectancy, education and gross national income to produce a ranking of the UN's member countries.

The study also ranked B.C. as the top-ranked Canadian region for life expectancy, while Nunavut was last. Compared to UN countries, Nunavut was No. 103 in life expectancy.

THE CANADIAN PRESS

+ THE RUNDOWN

Here's where the provinces and territories would rank internationally:

- Alberta: 4
- Ontario: 8
- British Columbia: 11
- Saskatchewan: 12
- Quebec: 12
- Northwest Territories: 15
- Newfoundland: 16
- Nova Scotia: 22
- Yukon: 22
- Prince Edward Island: 23
- Manitoba: 23
- New Brunswick: 25
- Nunavut: 46



Calgary might not have the Alps, but it has the Rocky Mountains. A new development index shows Alberta's quality of life is comparable to Switzerland's. METRO FILE PHOTO



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Man charged with murdering child

A charge of second-degree murder has been laid against a southern Alberta man accused of killing a nine-month-old boy who was left in his care.

Police in Lethbridge say Austin Wright wasn't breathing and was in cardiac arrest when paramedics found him in a home after answering an April 28 call

about a baby in medical distress.

The child was taken to hospital where he was pronounced dead.

Investigators say Austin had been left with his mother's boyfriend while she went to work, and that he was allegedly assaulted when he started crying.

Police were initially told

that the baby had just stopped breathing, but an autopsy determined he died as a result of blunt force trauma not consistent with a fall.

Tyler Brian Hogan, a 40-year-old Lethbridge resident, was arrested Wednesday and was scheduled to appear in court Thursday. THE CANADIAN PRESS



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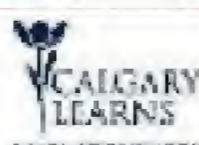
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Police work on inclusion, diversity plan

ADVOCACY

Gender equity strategies will be proposed to Commission



Lucie Edwardson
Metro | Calgary

The Calgary Police Service's office of inclusion and development and employee engagement (OIDEE) presented their strategic framework to the Calgary Police Commission Tuesday, and are set to present an update as early as November.

Led by OIDEE, the CPS is working towards a "cultural shift" among their ranks in order to address emerging trends that impact employee wellness, engagement and career development

— things like gender diversity and equity.

One initiative OIDEE is focusing on is the development of a program called MARC (Men Advocating Real Change) seminars for improving gender equity.

"Men know they are part of the problem but don't know what to do about it or how to change it," said Insp. Mike Tillotson. The strategic framework also indicated CPS would deliver "Engaging Men in Gender Initia-

tives training."

"Gender equity issues involve both genders, so the traditional approach has always been focusing on one gender or the other but, recognizing men really do need to be involved in this discussion and need to be advocating for change," said Tillotson.

Tillotson said both men and women need to be involved in order to create make change.

"If anybody is left on the sidelines and isn't included in

“Men need to be part of the cultural change.”

Insp. Mike Tillotson

the discussion it means it's not working and quite frankly the likelihood of a culture change is unlikely," he said. CPC commissioner Diane Colley-Urquhart

praised the CPS for their passion and work ethic on the project, but expressed concerns that it would be a "top down, trickle down inverse effect instead of happening organically."

Chief Roger Chaffin responded by saying the framework represented insight they'd received through member engagement.

"Awareness is nice," he said. But change is born by activity and we need to make sure we see that change."



Steve Williams, president and CEO of Suncor Energy, smiles before the company's annual meeting. THE CANADIAN PRESS

SUSTAINABILITY

Suncor proposes way to cut emissions, costs

A proposal by oilsands giant Suncor Energy to leave some of its more difficult-to-produce reserves in the ground, to reduce emissions and costs, is being endorsed by environmentalists — but not by rival producer Cenovus Energy.

CEO Steve Williams said Suncor has asked the Alberta government to allow it to "strand" some of its oilsands reserves if they're too expensive to produce, or if they'd add too greatly to the intensity levels of its overall greenhouse gas emissions.

"We are advocating in a modest way to work with government so that we can strand some of the oil in the oilsands," said Williams on a conference call to discuss second-quarter financial results on Thursday.

He said Calgary-based Suncor can afford to leave oil behind because of its properties' "vast" holdings, which contain 8.7-billion barrels of oilsands reserves.

"Our regulation is written so that we take to a very high percentage the last piece of oil

out. That tends to be the most expensive both economically and environmentally. What we would like to do is leave that last piece in (the ground).

"I'm very optimistic we are making some breakthroughs with government to do that."

Suncor's oilsands properties are leased from the province and it pays royalties based on how much it produces.

It has both oilsands strip mining projects and in situ projects where steam is injected through wells to melt the heavy bitumen so it can be pumped to surface.

In a sustainability report released last Thursday, Suncor vowed to reduce its overall emissions per barrel of oil and gas produced by 30 per cent by 2030.

Williams said on the call that stranding some of the resource could result in a 10 per cent to 20 per cent savings on operating costs for certain oilsands projects. Environmentalists said the idea has some merit.

"We would agree that Alberta's historic focus on maximizing oilsands production ... rather than optimizing production on the highest quality ore may be having unnecessary environmental impacts on things like greenhouse gas intensity and tailings production," said Simon Dyer of the Pembina Institute, a clean energy think-tank. THE CANADIAN PRESS

30%

A Suncor sustainability report vowed to reduce its overall emissions per barrel of oil and gas produced by 30 per cent by 2030.

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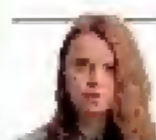
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Calgary **metro** NEWS

Mayor steps out to catch 'em all

AUGMENTED REALITY

'It's just Nenshi being Nenshi':
PokemonGo fan



Helen Pike
Metro | Calgary

A group of Calgarians caught the most rare Pokémon of all: a wild Naheed Nenshi, mayor of Calgary.

The crowd of Calgarians were hunting for a rare dragonite near Olympic Plaza when the mayor, also in search of the rare Pokémon, stopped by to play.

"Out of nowhere this pretty rare Pokémon pops up, so catch that thing," said Cedrick Foley. "Of course a whole bunch of cars start popping up, a crowd of people start popping up ... they're heaving because they've been chasing this Pokémon."

The cellphone game brings Pokémon characters to life on Android and iPhone screens, in a digital geocaching sense. Players become "trainers" who prowl actual city streets for wild Pokémon to capture and train.

Foley had left work early from Rodney's Oyster House — where there's also a Pokéstop — and headed towards some lures when he turned around and suddenly Nenshi was right there with the crowd. The mayor missed the rare catch.

"I'm not surprised at all," Foley remarked on seeing the mayor participating in the Pokémon Go craze. "It's just Nenshi being Nenshi, which is nice."

His worship hopped on board the Pokémon Go craze during Calgary's Folk and Music Festival Friday where he helped Coun. Druh Far-



Pokémon Go trainer Cedrick Foley shakes Mayor Naheed Nenshi's hand after they bumped into each other playing the popular game. COURTESY CEDRICK FOLEY

rell with a quick crash course — and undoubtedly caught many drowzees and zubats.

Foley said he spoke with Nenshi about strategies, and helped him transfer some Pokémon to the professor (the mayor had caught 250 creatures). Then, as the mayor left an aerodactyl appeared, another rare catch for Foley, who is a Team Valour level 22 player.

But according to photos on Twitter, Nenshi was a tad be-



ANDRES PLANA

hind the times. In Ottawa, Mayor and PokémonGo trainer Jim Watson was photographed giving the game a go earlier in July.

Nenshi caught up, and now sitting at level 11 has been accepted as a member of Team Instinct — although he would have preferred to be on Team Valour.

According to the mayor's office he's been enjoying walks with the app open to observe how it's been able to activate Calgary's public spaces (with imaginary Pokéstops).

PRINCE'S ISLAND PARK

Folk Fest, Pokémon Go collide

PokemonGO trainers trying to overtake Prince's Island Park didn't have a run of the Calgary Folk Music Festival grounds without a pass, but that didn't stop some persistent players from trying.

According to executive director Debbi Salmonsén, the festival made minor alterations to security due to an incident before the festival.

"There was an effort from

a group of players to see if they could get to a gym on our fenced site," she said, noting security was easily able to tell the players to catch their Pokémon elsewhere.

"We added a few volunteer security folk to the backstage performer and staff-only area during the festival while it was going on, when we learned it was a desired Pokémon destination."

Despite upping security, Salmonsén noted there weren't any issues or incidents connected to the game during the festival. In fact, players who were attending shows were able to catch some creatures between sets — or beers.

"We were happy to have any free added enhancements that people enjoy as long as they follow the site and festival general rules," Salmonsén said. METRO

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OPINION POLL

Most Albertans want to stay in Canada

Nearly 25 per cent of Albertans think the province should become an independent country, according to an Insights West poll.

The survey is conducted online and has a margin of error of plus or minus four percentage points, which is relatively high in polling.

The study found that 23 per cent of Albertans think the province would be better off as an independent country and

is similar to the result of a poll conducted in 2014 asking the same question.

It is important to note that the proportion of Albertans who would choose independence did not vary over the past two years," said Mario Canseco, with Insights West.

"Even after the defeat of the federal Conservatives in Ottawa and the first New Democratic government in Edmonton, the notion of an independent Al-

berta has not become more attractive for residents."

The poll also asked about which political leader in Alberta, both present or in the past, was 'best.' More than 50 per cent of survey respondents

ents said Ralph Klein. Eleven per cent chose Rachel Notley.

Who was the worst provincial leader in Alberta? Thirty-one per cent said Alison Redford.

METRO

The notion of an independent Alberta has not become more attractive for residents.

Mario Canseco



The city is offering residents in Citadel a wooden fence like this as a barrier to Sarcee Trail traffic noise, but some residents feel growing traffic on the road warrants a larger concrete barrier. JENNIFER FRIESEN/FOR METRO

Noise needs more than a fence: Resident

CITADEL

Highway racket needs a wall of concrete, says homeowner



Brodie Thomas
Metro | Calgary

The community's name is Citadel, and resident Neil Johnson thinks it's deserving of a wall.

The enemy at the gate is the noise of traffic from Sarcee Trail.

Johnson's backyard backs on to Sarcee Trail. He said the city is offering him and his neighbours a wooden fence for privacy and to help cut down on noise, but claim the noise levels don't warrant a larger concrete wall.

He said the noise makes it difficult to relax or socialize in his backyard.

"When trucks drive by you have to basically have to put your conversation on hold," he said.

This is a one-time offer tied to upgrades to an existing

interchange at Stoney Trail. The fence will go on homeowner's property and upkeep will fall to residents once it's built.

Jeff Baird, senior transportation engineer with the City of Calgary said they've done on-site sound tests as well as predictive modeling that takes into account projected traffic growth over 10 and 20 years.

Neither sound tests nor predictive modeling have met the threshold needed for a concrete sound barrier.

Johnson thinks the fact that the city is upgrading the interchange between Sarcee Trail and Stony trail speaks volumes as to the increasing level of traffic.

"Myself and other people on the block think the city is being short-sighted," he said.

He notes that the southernmost section of Citadel has a concrete barrier separating it from Sarcee Trail. That barrier changes to a lower wooden fence as you move north.

"We're just asking them to carry on with the decision they've already made," said Johnson. "It's the same stretch of road."

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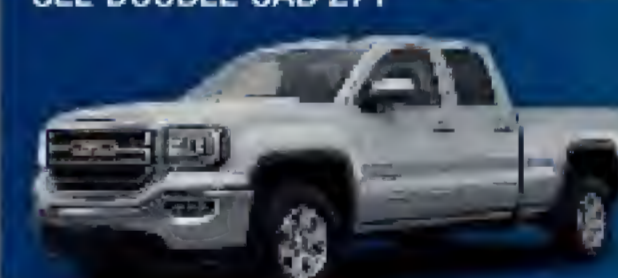
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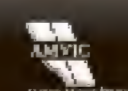
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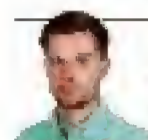
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Alberta's concerning wait times

MENTAL HEALTH

Calgarian on 10-month wait-list for therapy



Jeremy Simes
For Metro | Calgary

Napane Penny says change has been incremental in improving access to provincial mental health resources, after receiving a referral letter telling her she must wait 10 to 12 months for a therapy program.

On Monday, Penny, who said she's been a patient in the province's mental health system for about 20 years, said the letter prompted her to protest the long waits outside of a Calgary hospital.

"There just hasn't been any real, good changes," she said. "Come 12 months from now, and say the program is not a suit for me, then what? Am I going to have to wait another 10 months for something else? I think it's frustrating."

The 10 to 12 month wait



It's going to take Napane Penny 10 to 12 months to get into an AHS Dialectical Behaviour Therapy program. JENNIFER FRIESEN/FOR METRO

time is for the Dialectical Behaviour Therapy (DBT) program, a specialized adult mental health program.

Janet Chafe, executive director of addiction and mental health in the Alberta Health Services (AHS) Calgary Zone, said the program is seeing a high demand with a 10-month

wait list. She said patients referred to the program and on the wait list are provided phone numbers for urgent or walk-in services required. That includes an emergency phone line, hospital services and two non-AHS services, which include the Calgary Counselling Centre

and Wood's Homes Eastside Family Centre.

Chafe said the DBT program also went through an extensive quality improvement process in 2012-13, implementing a number of processes to improve efficiencies.

The wait list was reduced to four months, she added.

"AHS's Addiction and Mental Health leadership is very aware of this issue and have prioritized seeking ways to both improve access through reducing wait times and improve the transitional support for patients waiting for the service," she said.

But Penny said she thinks the changes just haven't been enough.

"I think the biggest part is that it's time for action," she said.

"There's been so many promises that we're going to have more resources, more beds. You see something slowly coming in, but it's not keeping up with demand."

"That's not OK. We're in Canada and we have great health care, but there are still shortcomings that need to be addressed."

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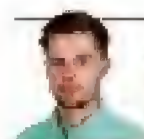
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PHARMACOLOGY

Health Canada assesses opioid compound



Jeremy Simes
For Metro | Calgary

Health Canada says it'll continue assessing the classification of W-18, after a U.S. study suggested the substance isn't what the agency claims to be an opioid.

The study, published by researchers from the University of North Carolina Chapel Hill, found that W-18 didn't trigger all opioid receptors, meaning

the substance isn't an opioid.

In response to the findings, Health Canada said it has referenced W-18 as a synthetic opioid based on "multiple credible sources" and the limited scientific information publicly available on W-18.

"However, doubts about this classification have been raised recently by a number of credible sources," Health Canada said in a statement.

"It has been noted that, at present, while the only pub-

licly available scientific report compares W-18 and related compounds to opioids, it does not determine whether or not W-18 binds to opioid receptors in the body.

"The Department is aware of ongoing studies to determine the mode of action of W-18 and will continue to assess new information as it becomes available."

The study pleased University of Calgary researcher Stephanie Borgland, who specialized in pharmacology.

She said the information scared a lot of people, as officials claimed the substance was 100 times stronger than fentanyl.

The study also found that W-18 also had no "allosteric" activity when combined with an "endogenous" opioid, meaning W-18 is not going to change how morphine or heroin will affect someone, Borgland said.

However, the study found the drug could give you an arrhythmia, which is when your heart beats in an irregular way.

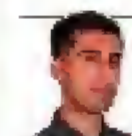


Sadia Begum and Shabnum Hussain spent the summer teaching kids they belong in Canada. Identity issues are one of the main factors in radicalization. AARON CHATHA / METRO

'It's your life — balance it'

CULTURE

Youth camp helps prevent radicalization in Muslim kids



Aaron Chatha
Metro | Calgary

Being Canadian and being Muslim are not mutually exclusive.

That's coming from youth mentors Sadia Begum and Shabnum Hussain, who finished up with their class of kids at the summer Centre 4 Excellence program.

The program focuses on helping youth learn to balance their identities as a Muslim and as a Canadian — which director Mohamed el-Rafih said is one of the most important factors in preventing the radicalization of Islamic youth.

Begum and Hussain are only 13, but they're already aware society tends to view them differently because of their faith. "We're normal teenagers," said Hussain. "It's not that we're some alien life. We're the same. We want to show kids you don't have to pick a side. It's your life — balance it."

Begum explained that, yes, as part of their faith they pray through the day.

Their morning routine still involves brushing their teeth, showering and eating breakfast. The only difference is they have to wake up 30 seconds earlier and say their morning dua, or prayer.

That's the same viewpoint these teenagers are trying to teach the kids in their summer class.

"It's not like we take them into a room and teach them this is how to be Muslim, this is how to be Canadian," laughed Begum.

She explained it's about having fun, stopping for prayer, and learning you belong.

She said it's easy for people to do terrible things in the name of Islam, but that doesn't make them Muslim.

"It's them giving themselves a title.

It's like me saying, I'm a basketball player. Are you going to believe that?" asked Hussain.

The girls are proud of the work they've done over the summer, and like any teenager, are excited to spend the rest of the summer eating out and spending time with friends. El-Rafih's programs at centre4excellence.ca continues to mentor youth throughout the year.

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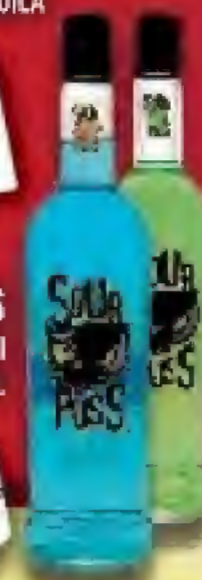


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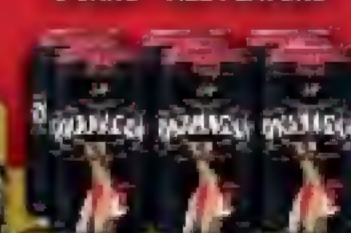
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The largest number of concussion cases was found in hockey, with 741 brain injuries reported, according to CIHI. JENNIFER FRIESEN/FOR METRO

Sports-related concussions rising

HEAD INJURIES

Professor says shift in culture imperative to reduce harm



Jeremy Simes
For Metro | Calgary

A change in sporting culture, tackling techniques and more education may be key drivers to reduce Alberta's high concussion rate among people admitted for sports-related brain injuries, according to an expert specializing in athletic therapy.

On Tuesday, the Canadian Institute for Health Information released a new report that showed 93 per cent of all sports-related brain injuries in Alberta were concussions in 2014-15, a three percentage point jump from 90 per cent in 2010-11.

Dennis Valdez, an assistant professor in athletic therapy at Mount Royal University,

said the culture of sports, like hockey or football, has much to do with high rates, as players don't want to appear weak when getting hit.

He said players shake it off when they're wobbling or seeing stars, even though they should probably be treated immediately.

"Mismanaging (the brain) is catastrophic," Valdez said. "Why is it so high? Culture of the sport is the simplest answer. Kids want to push through it. They want to show that they're tough."

The largest number of concussion cases was found in hockey, with 741 brain injuries reported. Within that caseload, the majority were found in kids ages 10 to 14 with 322 injury cases.

Kevin Cobelka, executive director of Hockey Calgary, said the organization has upped education for coaches so they can identify concussions, adding checking won't be allowed for lower Midget divisions.

But he said players giving

answers on how they feel after being hit isn't always easy.

"Sometimes you don't get all the answers from a 10-year-old," Cobelka said. "It's not like a cut where you can see it."

Football and rugby players saw 364 brain-injury cases in 2014-15, with 206 caseloads among kids ages 15-17.

Valdez suggested players, especially in football, should reconsider how they tackle. He said checking with your shoulders is better than helmet-to-helmet.

"Practising tackling drills without a helmet mitigates players from using their helmet as a weapon."

Valdez said the culture of the sport also applies to the mentality of coaches.

"Just go down to Shouldice during high-school football season," he said. "If you just listen to the conversations coaches have with players after hard hits, some of the coaching staff will tell them that it's fine when it appears to be a concussion."

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Teens found dead were shot: Mounties

NORTHERN ALBERTA

Killings 'not a random act,' ruled a double homicide

Two teens found dead earlier this week in northern Alberta were shot to death and the case is now considered a double homicide, Mounties said

Thursday.

RCMP Insp. Gibson Glavin said an autopsy on the bodies of Dylan Laboucan and Cory Grey revealed they died by gunshots.

"It is not a random act," Glavin told reporters at K Division headquarters in Edmonton.

"These two victims, Cory and Dylan, were deliberately killed by someone or some people, and they were connected to them in some way.

"We do know how they might

be connected," he added.

"But right now we're not able to release that information. It's a key element of the investigation."

Laboucan, who was 17, was found Monday night on the Whitefish Lake First Nation.

The body of his girlfriend, 19-year-old Grey, was found the following day in a rural area outside of High Prairie, northwest of Edmonton.

Glavin said the bodies were

found "some distance" from each other, but declined to be more specific.

He also declined to answer questions on the nature of the gunshot injuries, the weapons used, or the disposition of the bodies, saying that revealing such details could compromise the investigation.

"That kind of information is known by a select few right now — the RCMP, the medical examiner and whoever did this,"

he said.

"People who are way off in the information that we know to be correct are clearly people that we don't have to (give) immediate attention to."

Family members have said that the victims lived together in a trailer.

They have also said that on Saturday, a man found Dylan unresponsive outside the trailer. The man then went to phone for help and when he returned to

the trailer, the body was gone.

Glavin said that man is being helpful to the investigation.

Asked about Grey's mother, he said she was "devastated" by the deaths.

According to Grey's father, Louis Grey, the couple had both been accepted to study at Northern Lakes College in Slave Lake, Alta., in the fall and were planning to move into an apartment there together next month.

THE CANADIAN PRESS

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Alberta is making \$20 million in grants available to provincial small brewers to offset a markup hike. THE CANADIAN PRESS FILE

BEER

Province announces grants for brewers

Alberta's small beer brewers will get up to \$20 million a year in grants, helping to offset a looming hike in the markup on all beer sold in the province.

Finance Minister Joe Ceci said Thursday the goal is to level the industry playing field, help grow Alberta's industry and create jobs.

"Alberta's craft brewing industry is an important part of a more diversified, more resilient economy for all Albertans," Ceci told reporters at a news conference at a local craft brewer.

"With 37 craft brewers and counting, our government knows that we all benefit with great local products."

Under the program, brewers who produce less than 30 million litres per year will get money on a sliding scale based on their sales.

Ceci said the most any brewer can make under the plan is \$12 million.

The program is beginning immediately and application forms are already available, he said.

The change will come after the markup on beer is raised to \$1.25 a litre on Aug. 5 for all beer sold in Alberta, regardless of where it is made.

Previously, Alberta brewers paid less on the markup, with a sliding scale starting at as low as 10 cents a litre. Brewers in Sas-

katchewan and B.C. got the same deal under the free trade New West Partnership Agreement.

Ceci announced the hike on July 12, promising at that time a grant program to assist provincial brewers.

Saskatchewan complained about the change, saying it violates the spirit of the New West Partnership free trade deal. It has threatened to impose retaliatory measures.

However, Alberta Premier Rachel Notley has said the brewery rules are already rife with exemptions and unfair provisions, adding she will do whatever is necessary to grow the industry in Alberta.

Alberta has the most open beer market in Canada, with sellers simply having to fill out a form to sell. Access to shelves in other provinces is controlled by liquor boards.

Terry Rock, head of the Alberta Small Brewers Association, said changes remove impediments to industry growth.

"We think with today's announcement we're going to catch up and we're going to accelerate," said Rock.

Rock said a craft beer operation creates seven to 10 times more jobs compared with a macro-beer producer.

THE CANADIAN PRESS

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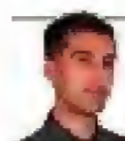


Although he initially was nervous about his English, Taiwanese improv artist Nien-Zu Chang quickly earned a guest spot on the Loose Moose Kill Hard show. AARON CHATHA/METRO

Loose Moose goes Taiwan gangster

SCENE YYC

Nien-Zi Chang hopes to learn from Canada's improv Mecca



Aaron Chatha
Metro | Calgary

In his first few weeks in Calgary, Nien-Zu Chang's courage levels have evolved from kitten to lion.

The Taiwanese improv performer flew to Canada with the goal of taking classes at the famed Loose Moose theatre in Calgary — it's kind of a Mecca for improvisers, as founder Keith Johnstone played a huge part in crafting modern theatre sports.

People like Chang often travel down to try a class and take part in shows.

"I spent all my savings and came to Calgary to learn the roots of improv — something which is pure and directly from

Keith himself," said Chang.

But when you're on stage performing in a format that requires quick thinking, Chang found himself often on the sidelines — lacking confidence in himself and in his ability to speak English.

Chang actually only just discovered improv in Taiwan. He studied theatre, but found he was too hard on himself to enjoy it.

So he quit theatre and taught tap-dancing for a few years. One day, a student of his invited him to an improv show — and he fell in love with the format.

"I was a very serious person," he said. "I learned to be more soft, and brought joy to myself — and now I want to share that joy with other people."

Chang said improvisers in Calgary are the most generous he's ever worked with — within two weeks, he found his voice on

stage, and has even been invited to guest star in Jamie Northan's popular Kill Hard show.

"This is a gift from the sky," Chang joked, adding that in Taiwan, Hollywood action movies are very popular. Kill Hard is a show that spoofs action movie tropes.

Chang is hoping to bring a bit of his own culture to the stage.

"I want to play a Taiwanese gangster, speaking Mandarin," he laughed. "The gangsters in Taiwan always chew something like tobacco, it's called bin-lang, and there's juice that comes out and you have to spit all the time."

He said while he mostly avoids those people in real life, he's excited to become one.

Kill Hard returns to Loose Moose on July 29 and 30, but Chang will only guest star on the first show. For more information, visit www.loosemoose.com.



"I was a very serious person. I learned to be more soft, and brought joy to myself. Nien-Zu Chang

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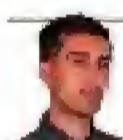


Rob Gee used to past history in psychiatry as the basis for writing the play. COURTESY NICK RAWLE

Artist flies Icarus close to the Fringe

SCENE YYC

Rob Gee uses psychiatry to create comedy for audiences



Aaron Chatha
Metro | Calgary

Calgary Fringe starts July 29, and one of the most maddening shows this year involves an escaped psychiatric patient who believes he's the reincarnation of an Egyptian Pharaoh. His main nemesis is a six-year-old with a mouth like a sandblaster. Written by Rob Gee, *Icarus* plays at Lolita's Lounge. Visit calgaryfringe.ca for more.

Tell me about the process of creating Simon, the main character.

I first came up with the central character many years when I used to play "a manic patient" for medical students' exams. He was a great vehicle for educating the students. For example, one symptom of manic psychosis (which this character has) is that people will often formulate conspiracy theories; so while in role I'd bang on about how psychiatrists were bribed to prescribe certain drugs by pharmaceutical companies. In the feedback, the students would often identify that as a conspiracy theory; at which point the examiner would be obliged to tell them that it was actually true.

In creating Simon and portraying him realistically, I received a lot of advice and feedback from several ex-patients. Whilst I already know all the clinical stuff, I wanted him to be more than just the personification of an illness. I wanted him to be a credible and likeable human being who happens to have a psychiatric condition.

How does your past history in psychiatry inform your writing?

I've written three shows about mental health, of which *Icarus* is the second. If there is a message going through all that material it's this: that psychiatric illness isn't something that happens to other people. It can happen to any of us at any time, so it doesn't make

sense to view it as something out of the ordinary.

How would you describe your sense of humour, in regards to the show?

There's lots of one liners and jokes of various levels of taste! I'm an entertainer first and foremost, so the priority is that people come to the show and have a good time. I get a lot of reviews saying I've managed to tread a careful line between laughter and respect, but there's nothing careful about it! I think as long as your jokes come from a place of compassion, you can't miss. Laughter is also a great way of pushing peoples' buttons and making them think. If I can create a show that folks are pondering the next day, my work is done.

WEEKEND EVENTS

FRIDAY - Pokémon Go Night Market
The annual Calgary Night Market is inviting Pokémon Go trainers to come by Central Memorial Park, check out the vendors, sing karaoke and, of course, catch 'em all.

There are a few Pokéstops in the area, and the organizers are buying a few lures to help out local trainers.

The Night Market runs from 4 p.m. to 10 p.m.

SATURDAY - Slide the City
The bright green, 1,000-foot-long slip-and-slide returns after a successful ride last year.

Set up at 10 St N.W., this is the second year Slide the City has set up, and is selling tickets in packages of single, triple or unlimited. The all day slide pass even comes with a mouth guard.

For more information, visit slidethecity.com

SATURDAY - Picnic and Preserves Market
Enjoy the heat with plenty of fruit, veggies, smoothies, salsas, salads and desserts at the farmers' market at the Hillhurst Sunnyside community. Attendees will also be able to join in water games, listen to live music and see every vendors entry into the market's preserves competition.

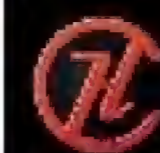
For more information visit farmersmarket.hsc.ca

SUNDAY - Opera in the Alley
Heritage Park's Opera in the Alley includes a cabaret performance with the Cowtown Opera, who will perform pieces from Annie Davidson and Opera Gems. Taking place in Gasoline Alley, ticket prices include hors d'oeuvres and dessert.

Annie Davidson was the woman who built Calgary's first public library.

For more information visit cowtownoperacompany.com

AARON CHATHA/METRO



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ENERGY

Government spending \$100K on lawsuit ads

The NDP government will spend \$100,000 on ads explaining why it is suing its own agencies, Metro has learned.

On Thursday, the Wildrose called foul after ads ran in a Calgary newspaper stating the NDP's position on lawsuits that it has filed as a result of a clause in power-purchase agreements.

As Metro has reported, earlier this week the NDP said it drafted carbon levy legislation without fully grasping the ef-



We have a responsibility to share information with Albertans about why we are going to court.

Brad Hartle

fect such rules would have on the already established power-purchase agreements.

But as Metro has further reported, the official Hansard transcript challenges the government's claim that it did not know about this clause

until after tabling the carbon legislation.

On Thursday, the Wildrose demanded to know how much the government intends to spend to argue its position with the advertisements.

Brad Hartle, press secretary

to the minister of energy, responded.

"We have a responsibility to share information with Albertans about why we are going to court to protect them from being forced to pay up to \$2 billion to cover the business losses of power companies," he said in an email.

"This was placed in seven daily newspapers, over 100 weekly titles and includes an online campaign. Total cost is \$100,000." METRO

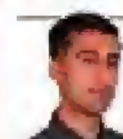


Poet laureate Micheline Maylor will spend an afternoon creating poetry off the top of her head — with one-word suggestions from Calgarians. JENNIFER FRIESEN/FOR METRO

Mustard is ample muse for Maylor

CULTURE

Poets to brave your one-word inspirations at pop-up event



Aaron Chatha
Metro | Calgary

Mustard is so great on sandwiches, It's almost like being pandered to.

That's the haiku Calgary's poet laureate Micheline Maylor wrote for Metro. We gave

her the word mustard, and she spit out the first thing that popped into her head. Simple, eloquent — and to the point.

On Tuesday, Aug. 9, she'll spend a few hours doing the same thing — taking one-word suggestions from Calgarians and spitting out poems on the spot, in Mount Royal University's first ever pop-up poetry event.

"And we're going to take these old-fashioned typewrit-

ers and make you a custom poem out of your word and the typewriter," explained Maylor. "Whatever is flying out of our heads — it's high-pressure creativity."

Maylor will be joined by other well-versed wordsmiths Richard Harrison, Cassy Welburn and former laureate Derek Beaulieu. They'll type out poetic justice to absolutely any suggestion outside of the Sport Check on Stephen Avenue.

The event is meant to spread awareness about the poet laureate program, but Maylor admits her improvisational poetry skills pale in comparison to the stanzas, sonnets and synaesthesia she writes with more time.



Whatever is flying out of our heads — it's high-pressure creativity.

Micheline Maylor

"But, you know, that's okay," she laughed. "It's a really fun way of engaging the community, expanding knowledge and having a bit of fun."

The best part for her isn't final couplets on the page but the couplets she'll make while engaging Calgarians and forging relationships.

The poets will be on Stephen Avenue from 11:30 a.m. to 1 p.m.

Look for the typewriters.

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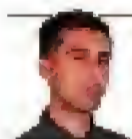


Gord Downie leads the Tragically Hip into Calgary on Aug. 1 and 3. THE CANADIAN PRESS

City gets hip to The Hip for final shows

MUSIC

Fans tribute beloved band with music, food and fun



Aaron Chatha
Metro | Calgary

Calgarians have an important message for The Tragically Hip: This city loves you.

The Hip perform in the Saddledome on Aug. 1 and 3, and Calgarians aren't wasting the

opportunity to show the band how grateful they are for the final tour, following lead singer Gord Downie's terminal brain cancer diagnosis.

Hip Radio

Celebrating the Hip's venture through Alberta, Zed 98.9 has put together an online, pop-up radio station, which will exclusively play the Tragically Hip's epic discography.

Program director Jeff Murray said it was amazing that Downie, after finding out about his diagnosis, would choose to give one last goodbye to his fans.

"We kind of thought, what could we do to say thank you

to them? That's where the idea came from," he explained.

Hip Radio will be divided into three segments. The first segment, hosted by Zed announcers Lock and Tony, will take listeners on a trip through Canada, as so many of the Hip's songs make reference to Canadian landmarks and history.

The second segment is more of a trip through time, going through the biggest hits from all their albums, from their early days right through to the most recent release, *Man Machine Poem*.

"The last segment is their live album in its entirety," said Murray. "Because tickets were so hard to come by, it's like, well, here's the next best thing."

The station is live at hipradio.ca until Wednesday, when the Hip play their final show in Calgary.

Courage for Gord

Another group of Calgarians are busy planning pre-concert parties in the major cities The Hip are playing. The parties will also double as fundraisers, Gord Downie Fund for Brain Cancer Research at Sunnybrook Hospital in Ontario.

It was born from social media, but quickly took physical form as the hospital, band reps and more sanctioned the events.

They even created exclusive T-shirts and Calgarians have donated personal memorabilia — like



Fans like Suzanne Eckstadt have created custom T-shirts, to promote their brain cancer research fundraiser.

AARON CHATHA/METRO

pictures, paintings and signed merchandise — to auction off.

"Gord Downie — he's the poet laureate to me," said coordinator Suzanne Eckstadt. "I find he's able to connect to past events, current events — he's educating people without them knowing it."

For more information, visit cowboysnightclub.com.

Blow at High Dough flatbread

For concert goers, the Saddleroom Grill at the Scotiabank Saddledome has altered their menu to pay tribute to the Tragically Hip. Items include the Little Bones chicken wings, Skeleton Park lamb ribs, Fiddler's Green salads and the Fully Completely prime rib.

+ MAN MACHINE POSTS LAST HURRAH

In May, lead singer of the Tragically Hip, Gord Downie, revealed in a letter to his fans that he had been diagnosed with brain cancer. The band planned one final tour to say goodbye to fans and — as expected — pre-sale tickets sold out within minutes.

Following an outpouring of fan support, the Hip did what they could to help fans get in the stadium.

"Due to an overwhelming demand for the Man

Machine Poem Tour, we have adjusted the show design in each venue to accommodate more seating," the band said on its Facebook page.

The Hip also added a second show for many cities, including Calgary. As expected, pre-sale tickets sold out just as quickly as the first batch, but, as of July 28 there are a limited number of seats still available for the second show. AARON CHATHA/METRO

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WILDFIRE DAMAGE

Fort Mac gets \$87.5 million to rebuild

The Alberta government has announced it will start sending money to Fort McMurray to help the municipality cover some of its costs from the devastating wildfire in May.

The province says it will provide an advance of \$87.5 million to the Regional Municipality of Wood Buffalo to help with uninsured expenses.

Those include emergency response, evacuation, cleanup of damaged areas and public spaces and repairs to public infrastruc-

ture damaged by the wildfire.

The advance will cover about half of those costs. The municipality estimates the total tab for its response to be about \$175 million.

Last month, the federal government cut Alberta an initial cheque for about \$300 million to help pay for firefighting and support to evacuees following the wildfire.

The fire displaced about 90,000 people in the region and destroyed about 2,400 homes and

other buildings.

"The Alberta government has been with us every step of the way during what is the biggest challenge in our region's history and we look forward to continued support that is much needed for our residents," Melissa Blake, mayor of the Regional Municipality of Wood Buffalo, said in a release.

Alberta has said that the cost of fighting the blaze and fixing the damage will run into the billions of dollars.

A state of local emergency is still in effect in the municipality.

Municipal Affairs Minister Danielle Larivee said the provincial government promised to help Fort McMurray as it recovers and rebuilds.

"This advance on disaster recovery funds is part of that promise and will ensure the municipality can keep moving forward to clean up and rebuild, without having to carry a heavy financial burden," Larivee said.

THE CANADIAN PRESS



Allan Millard, who restored the mini-train, said he was happy he took on the difficult project. JENNIFER FRIESEN/FOR METRO

Train back on track

BOWNESS PARK

Mini-train from the 1950s reopens after flood in 2013



Jennifer Friesen
For Metro

For a miniature train, restoring it was a massive project.

The mini-train at Bowness Park lived on for almost 60 years before the 2013 flood took it out of commission. And when Allan Millard was first asked to restore the iconic ride, he was reluctant.

"I kept telling him no," said Millard with a smile. "It's a huge project!"

But after being talked into it, Millard took on the project with a group of restoration experts. They took it apart to salvage every piece possible and rebuild what was left.

The brakes took 13,044 pieces and the rebuild took more than 3,000 man hours and three years, but the train officially re-opened on Thursday.

Hundreds of children lined

up at Bowness Park to take the 1950s-era train on a spin — and to stop for a selfie with Mayor Naheed Nenshi who rode the train in to the roaring crowd.

"It is a big day for a small train," he said. "But it's a small train that means a lot to the community, and to this park, and I'm so thrilled that we got it back."

Millard took the first group of kids, and their parents who once rode the train when they were young, and said he was so happy he took on the project.

"I love doing restorations and bringing stuff back to life," he said. "It's a great feeling when you take a pile of junk that's all piled up ... strip it all down and figure out how to put it together and make it work."



It's a great feeling when you take a pile of junk that's all piled up ... strip it all down and figure out how to put it together and make it work.

Allan Millard

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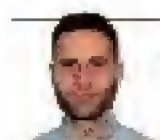
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Still few answers

OTTAWA

City records, videos help piece together violent arrest



Joe Lofaro
Metro | Ottawa

Many unanswered questions still surround the death of Abdirahman Abdi — and one of the most glaring is what exactly happened before, during and immediately after his violent arrest by Ottawa police.

Records provided by the city and eyewitness videos allow us to start to piece together

some semblance of a timeline of the events leading up to the tragedy.

Here's what we know.

Ottawa police were called to the city's Wellington Street West around 9:30 a.m. Sunday. They chased Abdi to his apartment.

The full extent of what happened between the time the officers caught up to Abdi and the time they called paramedics — roughly 15 minutes later — is unclear. Witnesses say Abdi was struck with batons and pepper-sprayed, and Ottawa police Chief Charles Bordeleau said officers called paramedics

23 seconds after it became clear Abdi was in "medical distress."

City records show paramedics received the first emergency call at 9:49:19 a.m. Paramedics were dispatched at 9:50:36 a.m.

The first paramedics arrived at 9:56 a.m. — five minutes and 24 seconds after the emergency call.

A paramedic called for backup because Abdi had no vital signs.

One video shows 10 minutes pass between the time paramedics arrived and the time Abdi received CPR. He is then taken to hospital and put on life support. He was pronounced dead the next day.



Abdirahman Abdi
COURTESY FAMILY OF
ABDIRAHMAN ABDI



Mourners at a memorial for Abdirahman Abdi on Tuesday. JOE LOFARO/METRO

HARRY POTTER

Wizards and witches gather in Winnipeg



Braeden Jones
Metro | Winnipeg

Almost a decade after the last Harry Potter story was released, the magic is still alive in Winnipeg, where thousands are expected to celebrate the latest tale from his wizarding world.

On Saturday, McNally Robinson Booksellers is hosting a free Harry Potter Party in the city's largest park, Assiniboine Park, to mark the release of Harry Potter and the Cursed Child.

The event will feature astron-

omy lessons, fortune telling, a petting zoo of typical wizard pets such as snakes and owls and much more.

Spokesperson Tyler Vitt said the approximately 12,000 people interested in the event on Facebook didn't surprise him one bit.

"I really don't know what it is about Winnipeg, but it seems to have so many Harry Potter fans," he said. The bookstore held Potter parties in the past that saw around 10,000 participants.

For this latest release, a script book based on a stage play of the same name, the Potter Party has something for "nostalgic" fans of



A Professor Sprout cosplayer at the 2007 Assiniboine Park party. COURTESY McNALLY ROBINSON

the original novels and newer fans of the films alike.

"We're trying to appeal to a wide audience," Vitt said. "We've got more hands-on stuff ... defence against the dark arts, Harry Potter trivia ... and there's going to be a tri-wizard tournament — they're going through an obstacle course to get the ultimate trophy, the Goblet of Fire."

In addition to all of that, the event will also involve a "sock toss to free house elves," portrait artists, photo booths and a professional Quidditch lesson from Winnipeg's Whomping Willows team.

COURTS

Toronto officer gets six years for killing teenager

A Toronto police officer who gunned down a teen on an empty streetcar three years ago abused his authority in a way that undermines public trust, a judge said Thursday in sentencing him to six years in prison.

In losing a second volley of shots on Sammy Yatim, Const. James Forcillo committed an "egregious breach of trust" and his sentence must serve as a warning to other police officers, Justice Edward Then told the court.

Yatim's death on July 27, 2013, sparked public outrage in the city after a cellphone video of the shooting went viral. Then cited that cellphone video as "powerful evidence" that what Forcillo said occurred on the streetcar that night did not actually happen.

THE CANADIAN PRESS

Election-shooting suspect was likely psychotic: Expert

Alleged Quebec election-night shooter Richard Henry Bain was likely psychotic and wasn't able to stop himself the night a man was shot and killed outside a Parti Quebecois gathering in 2012, a forensic psychiatrist testified Thursday.

Marie-Fredrique Allard told his first-degree murder trial that Bain sincerely believed he was given a mission from God and "had no choice but to accomplish it."

Allard, an expert testifying for the defence, first interviewed Bain two weeks after the shooting that left one man dead and another seriously injured.

THE CANADIAN PRESS

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Efforts fail to reach Canadians

TURKEY

Arrested men's status as dual citizens makes matter messy

Government efforts to reach two Turkish-Canadians arrested in connection with a failed coup in Turkey earlier this month have so far been stymied.

Davud Hanci and Ilhan Erdem were arrested and detained separately over the past week as Turkish authorities swept up thousands of people it accuses of having supported the July 15 coup attempt, which left more than 200 people dead.

Citing privacy laws, Global Affairs Canada would only say that Canadian officials in Turkey are in contact with local authorities and providing consular assistance to the men's families. A government source, however, confirmed diplomats have not been able to reach Hanci or Erdem.

Both men are dual nationals, meaning they hold both Turkish and Canadian citizenship. Hanci lives in Calgary and is an imam for both the federal and Alberta correctional services. Erdem lived in Toronto and Ottawa, where he was also an imam, before moving back to Turkey after getting his Canadian citizenship.

Consular officials often have difficulty helping Canadians with dual citizenship who are arrested in their native country. This is particularly true of

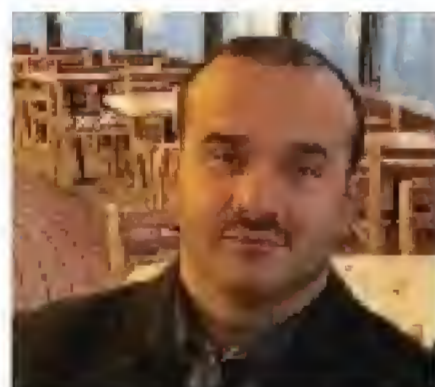
countries in the Middle East such as Iran, which does not recognize dual citizenships.

Turkey does recognize dual nationalities. However, the U.S. State Department says the Turkish government does not permit Turks with two nationalities and who are arrested in Turkey to contact officials from the other country for help.

"International law on this is non-existent," said Gar Pardy, who served for years as the federal government's head of consular affairs. "All you can do is just keep pushing."

Erdem was arrested at the Ataturk Airport in Istanbul on Monday while preparing to board a flight to Canada with his wife and two children, according to friend Nurcan Topcuoglu. Turkish media say Erdem is accused of leading the Hizmet movement in Canada.

The Hizmet movement, also known as the Gulen movement, is described as a global network based on the teachings of U.S.-based cleric Fethullah Gulen, the U.S.-based cleric that the Turkish government accuses of masterminding the coup. THE CANADIAN PRESS



Davud Hanci, one of two detained Canadians.

TORSTAR NEWS SERVICE



NEW BRUNSWICK PLAGUE OF MOTHS DESCENDS UPON THE POPULACE

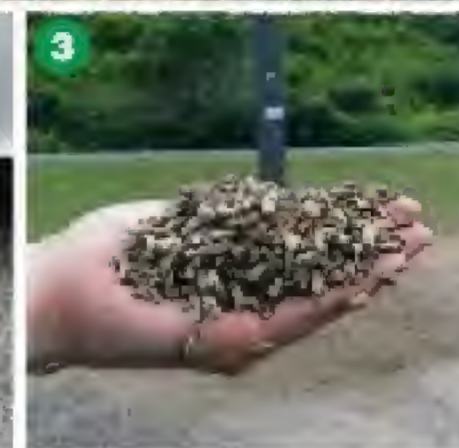
A sudden infestation of spruce budworm moths swarmed northern New Brunswick last weekend, leaving people in Campbellton and Dalhousie with stories to tell — and a mess to clean up. Swarms landed on cars, windows and door screens and circled street lights as darkness fell, even finding their way inside homes and businesses.

THE CANADIAN PRESS

1 Budworm moths in the needles of a spruce tree



2 Budworm moths in a pile under the wheel of a vehicle in Campbellton, N.B.



3 A handful of budworm moths in the hand of a biologist

ALL PHOTOS: EMILY OWENS, NATURAL RESOURCES CANADA/ THE CANADIAN PRESS

PAY PROBLEMS

Feds admit they could have done better

The federal government could have done a better job implementing the new payroll system that's causing serious payday headaches for tens of thousands of civil servants, a senior bureaucrat admitted to a Commons committee Thursday.

But moving from the antiquated, paper-heavy pay system the government used for four decades to the electronic Phoenix system was the right call at the right time, said deputy public-services minister Marie Lemay.

"I think we could have done additional measures (to smooth the transition process)," Lemay told the House of Commons committee that oversees government operations.

"But the move to the second

wave and the move to Phoenix is the right decision."

MPs on the committee grilled Lemay and other officials with questions, including one civil servants and their unions have been asking for months: why was Phoenix rolled out when it was clear it had significant shortcomings?

There were indications of "bugs" in the Phoenix system after it was first launched on a limited basis in February following several delays and a third-party assessment, she said.

But the issues were minor, said Lemay, who took on a new role as deputy minister just as Phoenix was being fully implemented in a much larger second wave. And she would have recommended the system

\$20M

Estimated amount that dealing with the debacle could cost

be given the green light at that time, she told the committee.

Still, knowing what she knows now, that second phase should have included more time for employees to be trained on the system, and the government should have retained many of the pay system employees that were let go as the new system came online, she said.

Earlier Thursday, federal officials said they expect to have resolved all of the pay delays

created by the problematic new pay system by the end of October — but undoing the damage won't be cheap.

Dealing with the months-long debacle, which has caused serious payday headaches for tens of thousands of civil servants, will cost an estimated \$15 to \$20 million, Lemay told a news conference earlier in the day.

That doesn't include upgrades that will be required to ensure the system runs more smoothly in the future, she added. "There's another portion that we're looking at doing to enhance, and that I still don't have a cost to."

Some 1,100 of the more than 80,000 problem files identified last week have been closed, Lemay said. THE CANADIAN PRESS



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German Chancellor Angela Merkel has interrupted her holiday to hold a press conference on domestic and foreign policy following a spate of attacks. JOHN MACDOUGALL/AFP/GETTY IMAGES

Merkel vows to protect Germany

EUROPE

Chancellor insists she will stick to asylum principles

Chancellor Angela Merkel pledged Thursday to do "everything humanly possible" to keep Germany safe following a string of attacks — including two carried out by asylum-seekers and claimed by the Daesh group that she said mocked the country that took in the assailants.

The attacks brought Merkel fresh criticism for her decision last year to welcome refugees. More than 1 million asylum-seekers were registered in Germany in 2015, although the influx has since slowed dramatically.

Merkel said at a news conference that Germany will "stick to our principles" and give shelter to those who deserve it.

"We will manage this," she said, repeating a mantra she coined last August.

Merkel called for a better "early warning system" against signs of radicalization, faster progress on plans to create a



Wherever there are gaps, we will have to act.

Chancellor Angela Merkel

centre to help crack encrypted messages and better international intelligence co-operation, among other measures. But she said it's too early to say in detail what more may be required beyond the tightening of asylum and security laws already undertaken in recent months.

"Wherever there are gaps, we will have to act — just as we have so far — so that it is clear that we are doing everything humanly possible to ensure security in our free, democratic state of law," Merkel said.

Two of the attacks in a week-long period starting July 18 — an axe rampage near Würzburg that wounded five and a suicide bombing that injured 15 outside a bar in Ansbach — were the first in Germany to be claimed by Daesh. Both of the attackers, asylum-seekers who arrived over the past two years, were killed. THE ASSOCIATED PRESS

 **IN BRIEF**

Pair of military leaders dodge purge in Turkey

Turkey's top military commander, who was held hostage during an attempted coup, kept his post Thursday, while the general who served as acting chief of staff was promoted following a purge in the military. The decisions came after Turkey discharged nearly 1,700 officers suspected of involvement in the attempted coup. An official described the actions as "dishonourable discharges."

THE ASSOCIATED PRESS

Islamic extremists ambush humanitarian convoy

Boko Haram extremists ambushed a humanitarian convoy escorted by troops in northeast Nigeria on Thursday, wounding three civilians, including a UN worker, and two soldiers, the army and UNICEF said. The attack comes as aid agencies are warning that children are dying of starvation daily among more than 500,000 people in need of urgent help in recently liberated areas that still are dangerous to reach. THE ASSOCIATED PRESS

FRANCE

Second attacker on church identified

French officials on Thursday identified the second man who attacked a Normandy church during morning Mass, saying he's a 19-year-old from eastern France who was spotted last month in Turkey as he supposedly headed to Syria — but who returned to France instead.

The prosecutor's office identified him as Abdel-Malik Nabil Petitjean following DNA tests on his corpse. A security official confirmed that he was the unidentified man pictured on

a photo distributed to French police on July 22 with a warning that he could be planning an attack.

Four days later, Petitjean and another 19-year-old local man, Adel Kermiche, stormed the church in Saint-Etienne-du-Rouvray during Mass on Tuesday. They held five people hostage before fatally slashing a priest's throat and seriously wounding the other man. The attackers were killed by police as they left the church. THE ASSOCIATED PRESS



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Hillary rocks Philadelphia

U.S. ELECTION

Clinton goes full bore on Donald Trump in big speech

Promising Americans a steady hand, Hillary Clinton cast herself Thursday night as a unifier for divided times, steeled for the challenges of a volatile world by decades in politics that have left some Americans skeptical that she understands their lives.

"I know that at a time when so much seems to be pulling us apart, it can be hard to imagine how we'll ever pull together again," Clinton said as she accepted the Democratic nomination, becoming the first woman to lead a major U.S. political party. "But I'm here to tell you tonight — progress is possible."

Clinton took the stage to roaring applause from flag-waving delegates. But her real audience was the millions of voters who may welcome her experience but question her character.

Clinton acknowledged those concerns briefly, saying "I get it that some people just don't know what to make of me." But her primary focus was portraying herself as the only qualified candidate in a general election contest against Republican Donald Trump.

"Imagine him in the Oval Office facing a real crisis," she said. "A man you can bait with a tweet is not a man we can trust with nuclear weapons."

Clinton's four-day convention began with efforts to shore up liberals who backed Bernie Sanders in the Democratic primary and it ended with an outstretched hand to Republicans and independents unnerved by



Hillary Clinton speaks at the Democratic National Convention on Thursday in Philadelphia. SAUL LOEB/AFP/GETTY IMAGES

"A man you can bait with a tweet is not a man we can trust with nuclear weapons."

Hillary Clinton, on Donald Trump

Trump. A parade of military leaders, law enforcement officials and Republicans took the stage ahead of Clinton to endorse her in the general election contest with Trump.

"This is the moment, this is the opportunity for our future," said retired Marine Gen. John R. Allen, a former commander in Afghanistan. "We must seize this moment to elect Hillary Clinton as president of the United States of America."

American flags waved in the stands of the packed convention hall and the crowd broke into chants of "U-S-A!" drowning out scattered calls of "No more war."

The Democratic nomination now officially hers, Clinton



Chelsea and Bill Clinton listen to Hillary's speech. THE ASSOCIATED PRESS

has just over three months to persuade Americans Trump is unqualified for the Oval Office and overcome the visceral connection he has with some voters in a way the Democratic

nominee does not.

Campaigning in Iowa Thursday, Trump said there were "a lot of lies being told" at Clinton's convention. In an earlier statement, he accused

Democrats of living in a "fantasy world," ignoring economic and security troubles as well as Clinton's controversial email use at the State Department.

The FBI's investigation into Clinton's use of a private internet server didn't result in criminal charges, but it did appear to deepen voters' concerns with her honesty and trustworthiness. A separate pre-convention controversy over hacked Democratic Party emails showing favoritism for Clinton in the primary threatens to deepen the perception that Clinton prefers to play by her own rules.

Through four nights of polished convention pageantry, Democratic heavyweights told a different story about Clinton.

The most powerful validation came Wednesday night from President Barack Obama, her victorious primary rival in 2008. Obama declared Clinton not only can defeat Trump's "deeply pessimistic vision" but also realize the "promise of this great nation."

Seeking to offset possible weariness with a politician who has been in the spotlight for decades, he said of Clinton: "She's been there for us, even if we haven't always noticed."

Clinton was introduced by her daughter, Chelsea, who spoke warmly of her mother as a woman "driven by compassion, by faith, by kindness, a fierce sense of justice, and a heart full of love."

A studious wonk who prefers policy discussions to soaring oratory, Clinton has acknowledged she struggles with the flourishes that seem to come naturally to Obama and her husband. She leaned heavily on her "stronger together" campaign theme, invoking her 1996 book "It Takes a Village."

Indeed, the Democratic convention has been a visual ode to those mantras: The first African-American president symbolically seeking to hand the weightiest baton in the free world to a woman. A parade of speakers — gay and straight, young and old, white, black and Hispanic — cast Trump as out-of-touch with a diverse and fast-changing nation.

Khizr Khan, an American Muslim whose son was killed in military service, emotionally implored voters to stop Trump, who has called for a temporary ban on Muslim immigration.

"Donald Trump, you are asking Americans to trust you with their future," Khan said. "Let me ask you, have you even read the United States Constitution? I will gladly lend you my copy." THE ASSOCIATED PRESS

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Smoke billows in Bani Zeid after Syrian pro-government forces took control of the previously rebel-held district of Laramun, on the northwest outskirts of Aleppo. GEORGE OURFALIAN/AP/GETTY IMAGES

TERRORISM

Ties with al-Qaida cut: Nusra Front

The leader of Syria's Nusra Front said in a recording aired Thursday that his group is changing its name, claiming it will have no more ties with al-Qaida in an attempt to undermine a potential U.S. and Russian air campaign against its fighters.

The announcement is the first time that an entire branch of al-Qaida has said it is leaving the terror network. But the move took place with the endorsement of al-Qaida's central leadership, and its ideology remains the

same, raising questions whether the change really goes beyond the new name, the Levant Conquest Front.

The United States, which considers Nusra a terrorist organization, immediately expressed its skepticism. White House spokesman Josh Earnest said Thursday the U.S. continues to assess that Nusra leaders intend to attack the West and said the U.S.-led military campaign is focused on a number of extremist groups, including Nusra and the Islamic

State group.

But the step could complicate U.S. efforts in Syria.

Without the al-Qaida name, the group will now seek to expand its alliances with other Syrian rebels, including relative moderates backed by Washington and its allies. Those factions may then oppose international airstrikes against Nusra fighters, arguing that they are now simply fellow rebels against President Bashar Assad, not an al-Qaida affiliate. THE ASSOCIATED PRESS

+ COALITION

U.S. probes airstrike

The U.S. military is looking into whether a coalition airstrike in northern Syria caused civilian casualties.

U.S. Central Command, which is responsible for U.S. forces in the Middle East, says in a statement Thursday that the American-backed coalition had conducted airstrikes in the area of Manbij during the past 24 hours. THE ASSOCIATED PRESS

Russia, Syria offer ways out

ALEPPO

But residents skeptical of leaving besieged city

After months of fighting to encircle its opponents in Aleppo, Syrian authorities backed by Russia on Thursday offered safe corridors out for residents and rebels in the northern city's besieged quarters, underlining the government's determination to seal off the metropolis and force an eventual surrender by the opposition.

Many residents dismissed the offer, saying it presents them with an impossible choice between a slow death if they stay behind and possible detention if they attempt to leave.

The encirclement of rebel-held eastern Aleppo sets the stage for a drawn-out siege with potentially huge implications for the future of the armed opposition to President Bashar Assad. The military continued to consolidate its grip Thursday, seizing a district on the northern edge of the city.

"If Assad shows that he is winning Aleppo, and he's now also advancing on the rebels in Damascus, it could trigger a more dramatic shift by finally convincing opposition groups that they have lost the war,"

said Aron Lund, nonresident associate of the Carnegie Endowment for International Peace.

The announcement on humanitarian corridors was made by Russian Defence Minister Sergei Shoigu, and was followed by a general amnesty offer by Syria's President Bashar Assad for rebels who give up their weapons and surrender to authorities over the next three months.

Rebels and residents of Aleppo said they were deeply skeptical of the offer, and there was no sign of people massing to leave the besieged parts of the city.

"I will not leave. I will be the last man in the city," said Mohammed Zein Khandakani, a 28-year-old resident of the Maadi neighbourhood of Aleppo who volunteers with the city's medical council. "I can't imagine ever seeing a member of this regime one more time."

But Khandakani, formerly a lawyer who was detained for a month in the early days of the protests against the Syrian government, said he was worried about his family.

Fliers dropped over eastern Aleppo showed supposed corridors leading to government areas, but the media office for the opposition's civil defence search and rescue group in east Aleppo said no safe corridors have been opened.

THE ASSOCIATED PRESS

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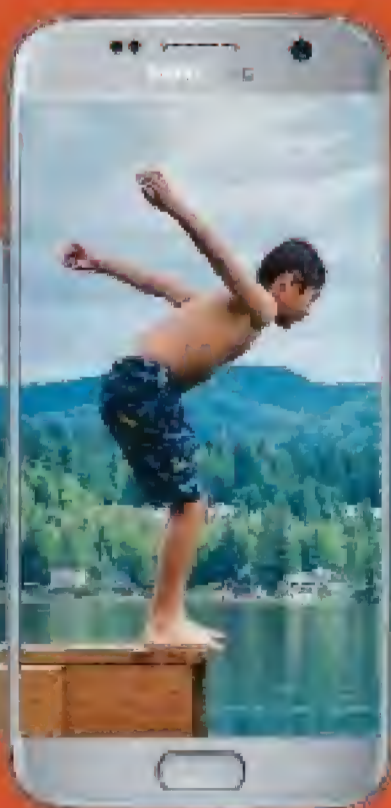
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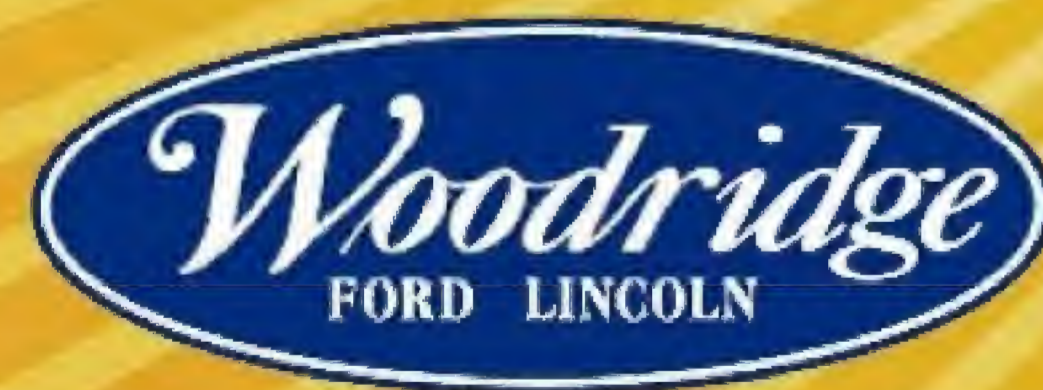
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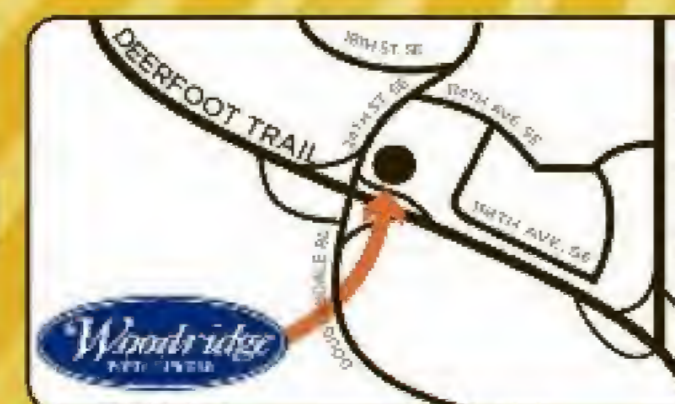
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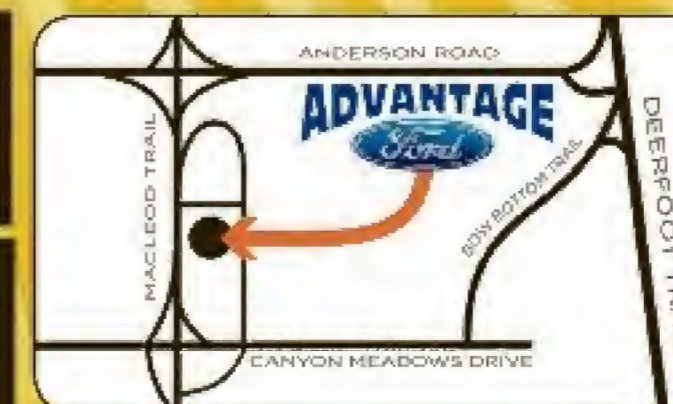
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Pipeline spills bad publicity: Company

TRANSCANADA

CEO says safety has improved in recent years

The oil spill in Saskatchewan could increase public skepticism of pipeline projects, says the CEO of TransCanada, the company behind the proposed Energy East Pipeline.

"All of these incidents shake public confidence," Russ Girling said in an interview. "There's no question that things like that cause

people concern, and rightfully so."

Last week, a Husky Energy pipeline spilled between 200,000 and 250,000 litres of oil into the North Saskatchewan River, leaving cities along the waterway scrambling to find non-tainted sources of drinking water.

Girling said TransCanada will be keen to learn from the Husky incident to improve pipeline safety.

"From all incidents, both ours and other incidents around our industry, we learn from them — certain-

ly around moving water, that is one of our biggest risks," said Girling.

He said the company has implemented numerous safety improvements in recent years around waterways, including thicker pipelines at crossings, drilling pipes under rivers at times, and adding extra valves at crossings so that it can shut off a pipeline faster.

The Husky spill comes as public hearings are set to begin on Energy East on Aug. 8 in Saint John.

The project has faced significant opposition from en-

“All of these incidents shake public confidence.”
Russ Girling

vironmentalists, including a campaign launched earlier this week led by the Natural Resources Defence Council warning of the environmental threat posed by the anticipated increase in tanker traffic on the East Coast.

The proposed \$15.7 billion

pipeline would move 1.1 million barrels of oil a day from Alberta and Saskatchewan through Quebec and into New Brunswick to supply Eastern Canada refineries and for overseas shipping.

The development would lead to an estimated 281 tankers a year heading to the proposed Energy East terminal near Saint John, an increase of upwards of 300 per cent to the number of tankers now in the Bay of Fundy, according to the NRDC campaign.

Girling dismissed the campaign, saying it is concerned

only with keeping oilsands crude in the ground rather than what's necessarily best for the environment or safety.

"There's no compromise in these folks," he said. "There's no logic, no rhyme or reason, rationale, science, to what they put forward."

TransCanada continues to push ahead with Energy East, but it also has a wide range of other major initiatives underway, including expansion in Mexico and consolidating its recent \$13 billion US acquisition of the Columbia Pipeline Group. **THE CANADIAN PRESS**

CHINA CABINET

LAYS DOWN LAW ON RIDE-SHARING APPS

A mobile device shows the Didi Chuxing ride-hailing app at a shopping mall in Beijing. China's Cabinet issued a document on Thursday outlining guidelines for ride-hailing services and has told local governments to promote its booming ride-hailing industry, helping to confirm the legal status of Uber Technologies Ltd. and local competitors following run-ins with regulators. **NS**

HAN GUAN/THE ASSOCIATED PRESS FILE



PUBLIC CONSULTATION

CRTC wants input for wireless rules

Canada's broadcast and telecommunications regulator is asking for the public's input as it launches a review of its wireless code of conduct.

The Canadian Radio-television and Telecommunications Commission launched the code in 2013 to ensure sure cellphone service providers meet industry standards by using easy-to-understand language in customer contracts and by making attempts to limit bill shock, among other things.

Canadians can comment

on the code's effectiveness on the CRTC's website until Sept. 26.

The CRTC will also host an online discussion forum in mid-September, and will later hold a public hearing Feb. 6 to further evaluate the code.

CRTC chairman Jean-Pierre Blais said the public input will help the CRTC ensure that the code continues to empower Canadians as the wireless marketplace continues to change. **THE CANADIAN PRESS**

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IN BRIEF

Loblaws audits coin kiosks

Canada's largest grocery chain says it's trying to verify the accuracy of the coin-counting kiosks in its stores over allegations that they've been nickel-and-dime customers.

"Should customers have a

concern with any of the coin-counting machines in one of our stores, please contact our customer service team to let us know," Kevin Groh, the vice-president of corporate affairs and communication for Loblaws, said in an email.

THE CANADIAN PRESS

Facebook to allow parents to ask for refunds of kids' buys

Court documents show Facebook has agreed to allow users to request refunds of in-app purchases made by minors as part of a settlement of a class-action lawsuit.

Under the settlement approved by a California federal court in May, Facebook agreed to add an option for requesting an in-app purchase refund on the grounds that it was made by a minor.

THE ASSOCIATED PRESS

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SO MUCH FOR PALEO Cancer's not a disease of modernity. Bone tumours have turned up in two-million-year-old hominids.



DECODED by Genna Buck

THE ONE DOWNSIDE OF SUMMER

Brain freeze. Also known as ice cream headache. Also known as **sphenopalatine ganglioneuralgia** — or the holy-heck-that-hurts nerve pain you get from slurping cold or frozen treats too fast. What's really going on in your head?



GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS

Your week in science



ILLUSTRATION BY UIKO GORTER

WHALE OF A DISCOVERY

A legend has come to life in the North Pacific after remains of a small, dark beaked whale washed up on an Alaska beach in 2014. Known to Japanese fishermen as karasu (the raven) since the 1940s, this whale is indeed a separate species. This has been confirmed following DNA analysis of the remains — a big addition to the club of mammals known to science.

BRIGHT FUTURE

A ray of hope in the fight against climate change: University of Illinois researchers have invented a solar cell that converts greenhouse gases from the air into fuel — using only the sun's energy.

SOUND SMART

PSYCHO SOMATIC

DEFINITION

Psychosomatic symptoms are caused or aggravated by emotional and psychological factors. The pain is real, but the source is the brain, not the part of the body that hurts.

USE IT IN A SENTENCE

Sharon has been getting headaches every day, and she's convinced they have something to do with the new electrical wires near her house. Her doctor thinks the cause is **psychosomatic**.

PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Can the weather really give me a headache?

I had a horrible migraine during a thunderstorm. Is it true weather change can trigger a headache? — Don, Edmonton

Migraine sufferers sure believe that. On surveys, up to 70 per cent say their headaches are affected by weather changes.

Research suggests there's something to that, but there's reason for skepticism. A 2010 textbook on clinical neurology cautions: "Taken together, virtually all aspects of life have been suspected to trigger migraines

... but scientific evidence for many of these triggers is poor."

Studies that compare headache patterns with actual meteorological data, instead of just self-reports, produced mixed results. Several found no relationship between weather changes and headaches.

A few, however, have been more convincing. A 2015 Japanese study compared migraine sufferers with people with common tension headaches during the time a cyclone (a significant change in

atmospheric pressure) swept in. More than 70 per cent of migraine patients, but only 21 per cent of others, reported migraine attacks.

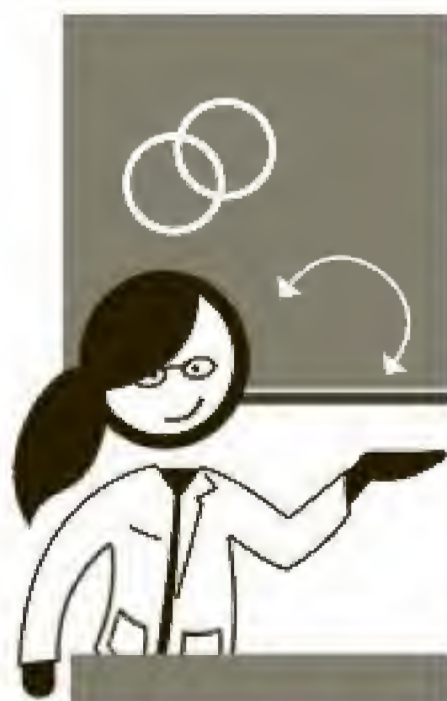
A study of 7,054 migraine patients visiting a Boston emergency room between 2000 and 2007 found a temperature increase of 5 C in the 24 hours before the ER visit increased risk of migraine by 7.5 per cent.

Though the evidence isn't as robust as it could be, I'm more inclined to believe in weather over other proposed migraine

triggers (like wifi and magnetic fields), because there's a plausible mechanism behind it.

It's believed when air pressure increases or decreases during weather changes, blood vessels in the brain compress or expand. This irritates nearby nerves, causing throbbing pain and symptoms like nausea and sensitivity to light. Ouch. That's all too believable to people who suffer from migraines.

Science Question?
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How a star was Bourne

RETROSPECT

Matt Damon returns to role that cemented his career

Richard Crouse
For Metro Canada



In the latest Jason Bourne movie, Matt Damon will punch, kick and spy master his way to the top of the box office charts.

His previous Bourne films, *Identity*, *Supremacy* and *Ultimatum*, were all hits commercially and critically.

Damon says he owes a great deal to the fictional character.

After the early success of *Good Will Hunting*, *Saving Private Ryan* and *The Talented Mr. Ripley* made him a star, a string of flops cooled his box office appeal.

"Right before *The Bourne Identity* came out," he said, "I hadn't been offered a movie in a year."

Then his career was Bourne again.

"It's incalculable how much these movies have helped my career," he told *The Telegraph*. "Suddenly it put me on a short list of people who could get movies made."

In the spirit of "one for them, one for me" for every film like *The Martian* or the new Jason Bourne, Damon has attached himself to smaller,



"Right before *The Bourne Identity* came out I hadn't been offered a movie in a year," says Matt Damon. CONTRIBUTED

riskier projects.

He lent his star power to *The Good Shepherd*, a low budget film directed by Robert De Niro. It's a spy movie without the bells and whistles we've come to expect from our favorite undercover operatives.

There are no elaborate chase scenes à la James Bond or even the great scenery of the Bourne flicks.

In fact, the only thing *The Good Shepherd* shares with



MOVIE RATINGS by Richard Crouse

Jason Bourne ★★★
Bad Moms ★★★
Café Society ★★★★
Nerve ★★★

HOW RATING WORKS

★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

any of those movies is Damon, who plays Edward Wilson, one of the (fictional) founders of the CIA.

Despite mixed to good re-

views — *USA Today* gave the film three out of four stars — and winning the Silver Bear of the prestigious Berlin International Film Festival, the

movie barely earned back its production costs at the box office.

Ninety per cent of director Steven Soderbergh's job on *The Informant!* was casting this mostly true tale of a highly paid executive-turned-whistleblower who helped uncover a price fixing policy that landed several executives (including himself) in jail.

It's a tricky balancing act to find an actor who can keep the audience on-board

through a tale of corporate malfeasance and personal greed, who can be likeable but is actually a liar and a thief, but Damon is the guy.

The Informant! skewed a tad too far into art house territory to be Soderbergh's new Erin Brockovich-sized hit, but Damon's presence kept the story of accounting, paperwork and avarice interesting. Reviews were kind but *A Serious Man* and *The Twilight Saga: New Moon* buried the film on its opening weekend.

Damon teamed with John Krasinski to produce and co-write *Promised Land*, a David and Goliath story that relied on the charm and likability of its cast to sell the idea that fracking is bad and the corporations who dupe cash-strapped farmers into leasing their land are evil.

It's hard to make talk of water table pollution dramatic but *Promised Land* makes an attempt by giving much of the heavy lifting to Damon.

Done in by middling reviews and "sobering" box office receipts, this earnest and well-meaning movie might have been better served in documentary form.

With an Oscar on his shelf and more than 70 films on his resume Damon is philosophical about the kinds of films he chooses to make, big or small.

"If people go to those movies, then yes, that's true, big-time success," he says.

"If not, it's much ado about nothing."

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WORST MOTHERS IN CINEMATIC HISTORY

Bad mothers may be getting their very own summer comedy but malfunctioning mommas have been part of cinema lore for ages. With the release of *Bad Moms* this weekend, Metro looks at what lessons we could learn from the worst matriarchs in movie history.

STEVE GOW METRO CANADA

**Norma Bates: Psycho**

Norman Bates's mom literally drove him nuts. In the 1960 horror classic, the innkeeper became so obsessed with his mother's repressive smothering that he murdered her in a jealous rage after she found a lover. Oh, and then he kept the corpse in the cellar and began dressing up as mama to target other women.

Lesson learned: Give your kid some breathing room.

**Mary: Precious**

Mo'Nique won an Oscar in 2009 for her terrifying portrayal of a monster matriarch. All poor pregnant teen Precious wants is to get out of the ghetto but when an opportunity arises, her perpetually angry, welfare-sucking mama sidetracks the abused adolescent.

Lesson learned: Don't blame your children for your own miserable problems.

**The Queen: Snow White**

She wanted to be the "fairest one of all" but the only thing The Queen in *Snow White* ever deserved was the "worst stepmother in all of cinema history." Wickedly vain, The Queen grew so jealous of her innocent stepdaughter's beauty, she kicked the girl out of the house, put a hit on her and passed her a poisoned apple. Jeez, get over yourself, already.

Lesson learned: Stop staring in the mirror. Your kids are beautiful too.

**Kevin's mom: Home Alone**

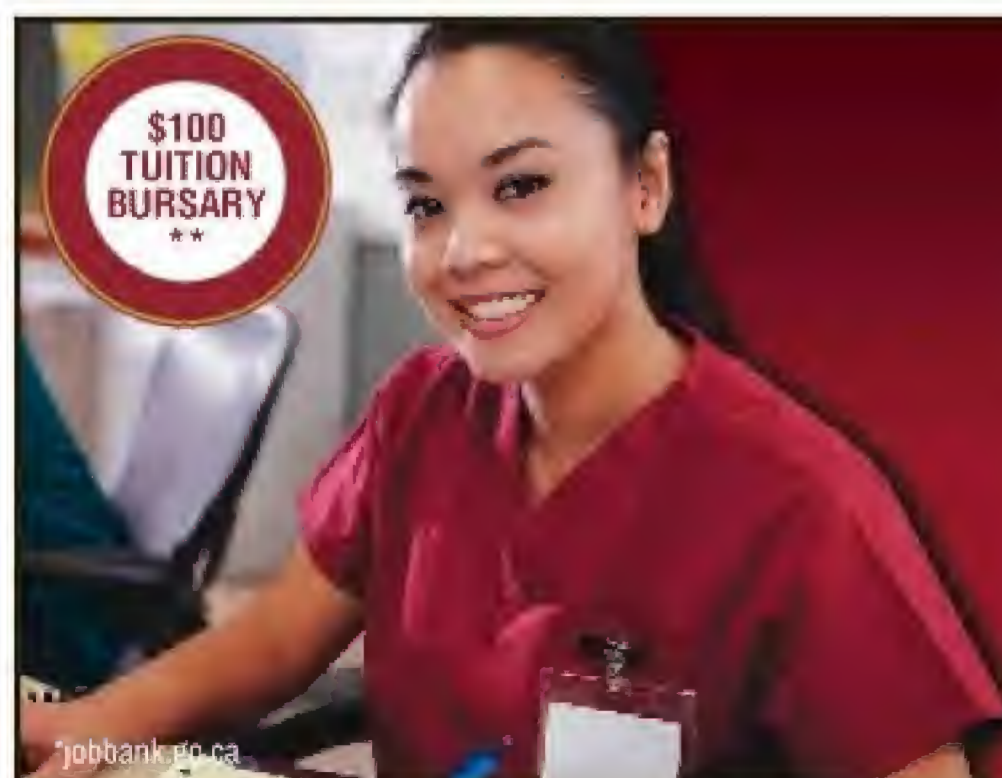
In this 1990 comedy, Catherine O'Hara's negligent mother forgot to pack preteen Kevin (Macaulay Culkin) when she goes on vacation, leaving him home alone to combat burglars. In the following sequel, she left poor Kevin abandoned on the streets of Manhattan. Child services would not approve.

Lesson learned: Don't forget your child exists.

Joan Crawford: Mommie Dearest

Based on an adopted daughter's memoir, this 1981 portrayal of Joan Crawford shows the screen-legend as a sadistic, abusive alcoholic who put her ego above her kids. Joan not only screams at her children, she whacks them with coat hangers and chokes her daughter when she admits she's "not one of her fans."

Lesson learned: Don't mix motherhood and showbiz.



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'Jason Bourne is a violent character'



Matt Damon is running a tight ship to promote Jason Bourne — a film that nine years ago both he and director Paul Greengrass thought would never happen. THE ASSOCIATED PRESS

INTERVIEW

Actor says he understands objections to horrific scenes

It's a sweltering afternoon in Hollywood and Matt Damon has just gotten out of couple's therapy.

Don't worry, it was just with Jimmy Kimmel — a continuation of the fake feud that started over 10 years ago before the two had even met.

"It takes a really surreal turn because we got a real therapist and we play it totally straight," said Damon seated in the green room of Kimmel Studios. After "therapy," Damon had about 10 minutes to do a photo shoot, film an intro for a festival he can't attend and scarf down a salad. This is life on the blockbuster circuit.

Damon, 45, is promoting Jason Bourne, a film that nine years ago both he and director Paul Greengrass thought would never happen. After three movies exploring the story of the super spy created by Robert Ludlum, the last two of which were directed by Greengrass, and a particularly difficult shooting experience with The Bourne Ultimatum, Damon was done.

The name would come up often, though, in meetings and from fans. In 2009, around the time Damon and Greengrass did Green Zone, they flirted with getting another one going but there

just wasn't a story. Universal Pictures, meanwhile, moved on, expanding the Bourne universe with a film focused on another agent played by Jeremy Renner. It did well enough, and a sequel was in the works. Then, in 2014, Greengrass and Damon took a look at the world and realized how much had changed.

"Paul called and said that the first set piece would be an austerity riot in Athens," Damon said. "I'm like, 'OK, we're back.'"

But they made sure to structure their production schedule so they weren't coming up with



Movies are a tool for empathy. I wouldn't do them if I didn't believe that. But violence is part of the human condition.

Matt Damon

the script while they were shooting — as was the case with Ultimatum.

"When you're in production, you're lighting money on fire and you can feel it. What (co-writers) Paul (Greengrass) and Chris (Rouse) did this time, which is great, was they took a whole year and showed up with 120 pages that you want to shoot," Damon said. "We knew once we

said we were going to do it, that we were going to get a release date, so we just got all of our ducks in a row."

And it worked. For Ultimatum, they shot for 138 days. Jason Bourne was a trim 95.

The film, out Friday, is partially about the world of government surveillance, introducing CIA agents played by Tommy Lee Jones and Alicia Vikander. The high octane hunt takes Bourne to the requisite international locales and even a few domestic ones — including Las Vegas, where one set piece features a SWAT vehicle plowing through cars on the strip. It's eerily reminiscent of the recent incident in France.

The marketing team pulled the scene from European ads immediately, he said.

"That was just horrific," Damon said. "None of us felt like it was a copy-cat thing, but we didn't want to be insensitive with those images out there."

It makes him think of the objections to the posters showing him wielding a gun — a sentiment he keenly understands.

"Movies are a tool for empathy. I wouldn't do them if I didn't believe that," he said. "But violence is a part of the human condition and so sometimes you end up playing violent characters. Jason Bourne is a violent character."

He hopes that the series, which has shown Bourne atoning for his actions, has a mindfulness that distinguishes it from others.

THE ASSOCIATED PRESS

INDIGNATION

Former child star changes course

Logan Lerman is already one of the most sought-after young actors in Hollywood. You might then expect the 24-year-old to have a steady lineup of dystopian young-adult adaptations or house-party comedies in the pipeline. But his latest is in a different direction entirely: industry veteran James Schamus' Philip Roth adaptation, Indignation.

The role, Lerman says, is exactly the kind of material he's attracted to, and he doesn't mind turning down more cookie-cutter (and lucrative) parts in order to find his own path.

"Let the other actors take the bad roles," he joked in a recent interview, only using a different word for "bad."

"I'm trying to figure out who I am through the choices I make. I don't know myself well enough. I'm still trying to figure out what person I want to be."

In Indignation, Lerman stars as Marcus Messner, the only son of a Jewish butcher in Newark, New Jersey. While the Korean War is raging, he goes to a Christian college in Ohio, where his rigid principles are challenged by a forward but fragile young woman (Sarah



Logan Lerman stars in James Schamus' Philip Roth adaptation, Indignation. AMY SUSSMAN/INVISION/AP

Gadon) and a rigid and judgmental dean (Tracy Letts).

The directorial debut of Schamus (the longtime writing and producing partner of Ang Lee and the former head of Focus Features), Indignation is a revelation of the maturing talent of Lerman. His performance is subtle and smart, but also with the kind of confident charisma that can make stars out of young actors.

Lerman is also, for the first time, a producer of the film.

He calls it a "glorified credit" but acknowledges a deeper involvement in the process is important to him.

"That's the only way I work now," says Lerman, who's also producing one of his next films, Sidney Hall, a drama about a young novelist overwhelmed by sensation success. "I just want to find films that I like and help them get into production and do whatever I can to make it happen."

THE ASSOCIATED PRESS

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Viggo talks the Habs and the have-nots

INTERVIEW

Canadiens fan and actor stars in film about life off the grid

Viggo Mortensen is famously an Oscar-nominated actor — and a major Habs fan.

The star of the moving new drama *Captain Fantastic*, which is getting rave reviews for its portrayal of a family living in isolation off the grid, has donned Montreal Canadiens garb at press conferences and on film sets, including for *The Lord of the Rings* and *A History of Violence*.

Naturally, during a recent phone interview about *Captain Fantastic* (now in theatres), the topic shifted to the team's recent trade of star player P.K. Subban.

"I'm sick about it, I'm sad about it," said the New York native, who got a best actor Oscar nomination for the David Cronenberg-directed *Eastern Promises*.

"But it's a team sport, it's not just one guy that makes your team good or bad. So I'm optimistic that maybe it will be good in some way, for the collective.... There are still a lot of strong individuals on the team and some veterans who lead by example. So I don't think it will be as bad as a lot of Canadiens' fans are fearing."

Mortensen even brought a bit of Quebec to the set of *Captain Fantastic*, written and directed by Matt Ross.

Mortensen plays a father raising his six children in the forests of the Pacific North-



“By the time we got to the first day of shooting, we knew each other really well, we had a good shorthand.”

Viggo Mortensen

Viggo Mortensen and his fellow actors had a crash course in survival skills prior to filming *Captain Fantastic*. CONTRIBUTED

west, isolated from society with no cellphones or tech gadgets.

When Ben's wife dies, the family is determined to give her the funeral she wanted — rather than the service her wealthy parents plan for her in the city.

Anti-capitalist Ben loves literature, as does Mortensen (the actor is the founder and editor of Perceval Press), and he used his own books as props. They included titles from Quebec poets as well as Noam Chomsky and Howard Zinn.

He also brought his own ca-

noe, bicycles, plants, clothing and kitchen items to the set, where he lived before shooting.

Mortensen and the actors who play Ben's children went through a physical and intellectual boot camp of sorts a couple of weeks before shooting.

"We did rock climbing and martial arts and played a lot of music together and spent time together and did woodcraft, tracking, skinning, gutting animals," said Mortensen.

"You name it, we did everything, and by the time we got to the first day of shooting, we

knew each other really well, we had a good shorthand, we knew and appreciated each other's strengths and weaknesses."

Mortensen said when he first read the script, he didn't know what to make of the title.

"And then I realized, I guess you could put a question mark after it, it's sort of tongue-in-cheek. It asks more questions than it answers. It posits that perhaps this is the greatest father in the world and then the next minute you're thinking, 'This guy is a menace to society.'"

Still, he ascribes to some of Ben's views, including his matter-of-fact approach to communication.

Poor communication is a problem in many countries, said Mortensen.

He also laments those who use new technologies not to learn more about the world but "to reinforce their pre-existing ideologies or points of view in shallow ways."

"There's so much more that we could do and probably will, eventually," he added. "One thing is to go play Pokemon

Go, and I guess there's nothing wrong with that. Another is to find out exactly what's going on in your government and your community and what people have done in the past when they've come up against obstacles of society, to communication, to war, poverty. There's a lot more that we can learn.

"So I guess this movie made me feel like it's worthwhile, life is short, I want to find out more. That's the way I feel anyway but it just reinforced it tenfold." THE CANADIAN PRESS

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A thriller for the Pokémon Go generation

FILM

The makers of Catfish want to know if you have the Nerve

The invigorating new thriller Nerve goes deep into the psychology of the internet with an addictive game that's so fresh, you wonder whether the filmmakers had a tip that the Pokémon Go craze was on the horizon.

In the film, based on the 2012 Jeanne Ryan novel, Nerve is an app-based game that's all the rage among the kids.

You can choose to be a "player" or a "watcher." Players are given dares by anonymous masses of watchers with the promise of cash prizes at the end of each dare, which they have to film themselves doing — not dissimilar to Fa-

cebook Live or Periscope.

The dares can be as innocuous as kissing a stranger for five seconds, which is how Emma Roberts' square high school student Vee gets hooked up with Dave Franco's slightly older, slightly untrustworthy character Ian.

Or the dares can be as dangerous as dead-hanging off a high-rise.

Nerve is directed by Henry Joost and Ariel Schulman, the men who brought the world Catfish, that is-it-real, is-it-fake cultural phenomenon/documentary from 2010 about lying on the internet that birthed the popular television show.

They were excited to jump back into the current state of the internet. A lot has changed in six years, and Nerve almost makes Catfish look quaint.

"There have been a lot of movies that are fantasy or dys-

topian that take place in this world that you have to imagine. And we look around and we're kind of already living in a sci-fi movie with the technology that exists today and a lot of really simple things we take for granted," Joost said.

"We've gone so far beyond '1984' that it feels like we just had to tell a story about that."

They collaborated with everyone from teens to a former hacker for the CIA to de-

velop technology that would look and feel believable "five minutes in the future," and also something that wouldn't look as though it required startup money.

The scariest part of Nerve is that the game is user generated and promulgated. There is no centre to attack once things start getting out of hand.

This was a change from the novel, which has a shadowy

evil genius controlling everything.

"We realized what was actually more insidious and scarier and much harder to control and confront is if we're the bad guys," screenwriter Jessica Sharzer said. "It's more truthful to the way the internet works."

Beyond the drug-like thrills of the escalating dares, the film feels part Risky Business and part After Hours, as Vee

and Ian team up to try to win the game — which is also incidentally a popularity contest.

Those with the most watchers get to advance.

But the stakes keep going up as more and more dares are completed.

"Just wait. Neither of us think it's necessarily a good idea for the game to exist, but it might be inevitable," Schulman said.

THE ASSOCIATED PRESS



Just wait. Neither of us think it's necessarily a good idea for the game to exist, but it might be inevitable.

Nerve co-director Ariel Schulman



Emma Roberts and Miles Heizer star in Nerve. The film is directed by Henry Joost and Ariel Schulman who brought us the slightly creepy, much-talked-about film/documentary Catfish. COURTESY NIKO TAVERNISE

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TV BRIEF**Colbert's legal waltz**

After CBS Late Show host Stephen Colbert told viewers that lawyers representing his old Comedy Central show said he couldn't be Stephen Colbert anymore, he thumbed his nose at them.

Lawyers representing his old company complained to CBS after he revived the character he played under his own name on The Colbert Report — a clueless, full-of-himself cable news host. They said the character Stephen Colbert was their intellectual property. The audience booed when Colbert, "with a heavy heart," said it has been decreed the character is kaput. He then introduced Stephen Colbert's identical cousin, an interview with himself displaying the same cocked eyebrow expression his old character had.

THE ASSOCIATED PRESS

THE TV DINNER JESSICA ALLEN

The burrata bonanza has been going strong for close to a decade now. I don't remember the first time I tried the pouch-like mozzarella stuffed with oozing cream and curd. But I do know it appeared in the form of a BLT on the cover of August 2007's Bon Appétit. That same year, the Toronto Star's Jennifer Bain wrote that it was "all the rage in New York and Los Angeles," and was "quietly making inroads here."

As far as I can tell, I first wrote about it in 2009, when Simon had a slight obsession with it and I had a beef with its price tag, close to \$40 per sack, if I could even get

There's the possibility, however slight, that I could have been Jason Bourne. Or at least a middle-aged CSIS agent stationed in Italy...

my hands on one. Today, the Cheese Emporium gets in a regular shipment from Puglia (the heel of Italy's boot) every Tuesday. Come Sunday, they had two mini-burrata — about the size of tennis balls — left, which we happily picked up for \$10 a piece. (Yes, we could've managed with one but that would be like trying to fairly split a poached egg: impossible.) We prepared them as we always do: with good tomatoes, olive oil, flakey Maldon salt, basil, and thick slices of grilled bread.

And, as always, there were moans of delight. But I've always wondered, with all the hoopla over exporting the precious cheese here ASAP, what are we missing out on when eating five-day-old cheese?

My friend Giovanna, who was raised in Italy and is a chef in the city, once told me that burrata is eaten the same day it's made in Puglia or not at all



because it gets more acidic the older it gets.

Kind of like Jason Bourne. The latest instalment, which opens Friday, sees director Paul Greengrass (The Bourne Supremacy and The Bourne Ultimatum) reunited with Matt Damon. It opens with a now middle-aged Bourne getting by in Greece by going fisticuffs with much larger men for money. But then CIA agent

Nicky Parsons (Julia Stiles) hacks the CIA and uncovers top secret files that will help Bourne better understand his past. Throw in a young billionaire who is concerned with his users' privacy on his social network "Deep Dream," a not-yet-operational CIA surveillance program, "Iran Hand," a grumpy pants CIA director (Tommy Lee Jones) — the kind of guy whose vernacular about

freedom and America is on par with Jack Nicholson's Col. Jessup from A Few Good Men, an ambitious new CIA Cyber Ops specialist (Alicia Vikander) and a reckless asset (Vincent Cassel) who has a personal vendetta against Bourne, and you've got plenty enough to sit back and enjoy the thrilling ride.

Sure, there are some ham-fisted flashback scenes and plot devices, an epic-but-confusing car chase, and, at times, it felt like Bourne was like: Are you guys seriously after me again? I am literally not doing anything to bother you until you force me to use my skills. And that the CIA was like: Jason Bourne are you kidding me? Again?

But I don't care because yes, I've a strong affinity for this fictional CIA assassin (and Matt Damon.) And yes, I do own the Bourne Blu-Ray box set. Because unlike superheroes, there's the possibility, however slight, that I could have been Jason Bourne.

Or at least a middle-aged CSIS agent stationed in Italy who maxes out all her spy networks to score fresh burrata.

Jessica Allen is the digital correspondent on CTV's The Social.



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When something old is new again

OPINION

Re-watching favourite series is the ultimate ode

Adam Proteau
Torstar News Service

So you've had a few weeks to recover from the season finale of *Game of Thrones* and you're considering what TV series to sink your energies into next.

It's not hyperbole to say you'll be hard-pressed to make a bad choice. With new seasons of dozens of established hits and new projects released almost every month of every year, you almost actively have to seek out subpar content to avoid watching a high-quality show.

But here's a different suggestion: instead of trying something new, go back and rewatch a series you've already enjoyed.

Sure, you may know people who wouldn't dream of watching a series more than once, but nobody has a problem with those who return to museums and

galleries to analyze the same works of art numerous times over their lives. There's a reason they do so and it's the same reason checking out a TV show more than once makes sense: your perspective changes with the passage of time and so does the society around you.

This is why rewatching *The Wire* after recent racial unrest is significantly different from seeing the HBO series for the first time. Or if you're interested in the TV drama industry itself, it's intriguing to rewatch a show and try pinpointing where things went wrong for a once-acclaimed series. (Looking directly at you, Season 4 of *Dexter*.)

The first time we consume a series, we're experiencing the events of the show without knowing how it concludes, and plot resolution is first and foremost on the minds of many, if not most, viewers. But in subsequent watches, we're fully aware of characters' fates and story arcs, and that presents us with the chance to ask questions other than ones that pertain to the plot.

For example: What subtle facial tic did we not pick up on the first time we watched an actor deliver a mesmerizing solilo-



There's a reason checking out a TV show more than once makes sense: Your perspective and society changes. That's why watching *The Wire* again after all the racial unrest is significantly different from seeing it for the first time. CONTRIBUTED

quy? How did the director frame scenes to give them more weight and depth? In what ways did a soundtrack or lighting decision underscore the theme or drop hints of what was to follow?

It's impossible to answer all these questions the first time around. And so I'd argue a repeat viewing isn't only a solid option

when it comes to fully appreciating a series; it's essential.

Besides, if we're being honest, while everyone is frantically live-tweeting and social media-ing each episode of a show in its initial airing, we're likely to look away from the big screen and miss a scene or two. Follow-up viewings allow us to take it

all in, without any distractions or pressure to push through lest things be spoiled online.

There's no doubt rewatching a series can drastically reduce the number of shows an average individual engages with.

In some senses, that's a shame, as there is a wealth of tremendous dramatic product out there

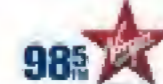
deserving of a large audience. But if you loved one particular story and somebody told you there was much more to love, wouldn't you race back to it as soon as possible?

If you knew showrunners went to great lengths to foreshadow and wink at viewers in all sorts of ways, isn't it incumbent on you to focus your attention on it more than once?

A memorable TV series is like a major metropolis: a vibrant, brilliant blur of images and sounds infused with a slew of fascinating stories. You can have a great time on vacation in both places, but a brief visit will never give you the full sense of what it means to live there. To come away with a richer and more accurate view, you need to return, seek out new avenues and tourist-free lane-ways, spend a little bit longer with the locals, experience all four seasons within city limits. That's what a rewatch gives you.

If a story is told well enough to leave you aching for more, you don't need to scratch the itch through sequels, prequels or spinoffs. Going back and having the same story told again is the ultimate sign of respect for it.

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Billy Talent seen at their rehearsal/studio space as they prepare for a summer tour. TORSTAR NEWS SERVICE

Billy Talent is breaking new ground, 23 years in

INTERVIEW

Even health issues can't keep this band of brothers down

Billy Talent is the very definition of a "band of brothers," with a 23-year history dating back to its four members' high school years in the Mississauga enclave of Streetsville.

For any band to carry on that long — through innumerable tour-bus flameouts and studio squabbles — with its original membership intact, is a truly heroic feat. It really doesn't happen that often.

Indeed, Billy Talent's last hometown gig, opening for Guns N' Roses before 50,000 at the Rogers Centre on July 16, provides a convenient point of comparison: GNR splintered into ruins a dozen years into its existence and subsequently spent 15 more as an exclusive plaything for Axl Rose before Slash and Duff McKagan returned to the fold for a "reunion" tour this summer. Mercury Rev might have put it best: "Bands, those funny little plans / That never work quite right."

Billy Talent nevertheless worked "quite right" for more than two decades, until drummer Aaron Solowoniuk — who first revealed that he'd been diagnosed with multiple sclerosis in 2006 — grudgingly conceded that the disease was getting the better of him and announced in a heartbreaking video in January he was taking time off the band he formed with vocalist Ben Kowalewicz, guitarist Ian D'Sa and bassist Jon Gallant under the name Pezz in 1993 to get well.

Sessions for the quartet's fifth album, *Afraid of Heights*, were beginning. Jordan Hastings, known for his sturdy work behind the kit for Say Yes and beloved St. Catharines hardcore heroes Alexisonfire, was hand-picked to sit in his place.

"We were getting ready to go in the studio. We had 12 or 13 songs written and ready to go," recalls Solowoniuk, hanging with his lifelong friends in Billy Talent's east-end rehearsal studio a couple of days before their Rogers Centre date. "I had struggled through some shows in the summer and kind of pushed through it, and then it came to

a point where I was just overdoing it, man.

"At that point, I was just having some MS symptoms of, like, blurred vision as I was playing drums. But then I pulled my back and Jon had to take me to get an MRI and they said 'Your back's messed up' and, at that point, I just kind of decided I needed to switch medicine, switch what I'm doing and I was like, 'I don't know how long it's gonna take and I want you guys to keep moving forward.'"

"So I gave Jordan a call to come in and learn the songs and record the songs, and tour with the band while I'm figuring out my health."

Given the platinum-or-better track record established by Billy Talent's first four albums here in Canada, that must have been a daunting challenge for Hastings to accept. "A little bit," he shrugs, having nonetheless learned the parts to every song on *Afraid of Heights* in a month and a half before recording commenced in the winter. He learned another 46 Billy Talent tunes since, to carry him through the international touring commitments that will keep the band busy in Australia, Japan, Europe (Billy Talent is huge in Germany), the U.K. and the U.S. through December.

"He didn't show it at all. He's a pro," says D'Sa.

"He didn't show it," affirms Gallant, who suddenly found himself half of a brand new rhythm section heading into *Afraid of Heights*. "And, for me, it was 25 years playing with the same drummer because Aaron was in the band I was in before this band. Ben, as well. So it was bizarre. It was really, really strange."

Kowalewicz is similarly blunt about the hole Solowoniuk's sudden departure tore through Billy Talent's family dynamic.

"It was devastating. It was the weirdest f---ing day ever," he says. "But Jordan is a great drummer and an amazing man who was very delicate and understood the nuances of what we were going through."

Solowoniuk, for his part, has far from left the picture. He was a perpetual presence in the studio, part spiritual adviser to Hastings and part video documentarian, during *Afraid of Heights*' creation, and he'll be hanging around on as many of the tour dates as he can following the record's July 29 release.

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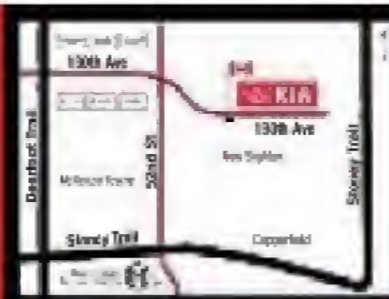
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The Power to Surprise

Olympian is a 'crazy cat lady'

PET PSYCHE

Long-distance runner Natasha Wodak speaks for her tabby

Long-distance runner Natasha Wodak loves her feline Sammy, a roughhousing mouser, in spite of his disdain for cleanliness.

Most adoring pet owners would do anything for their cherished companions, but could they speak for their furry or feathered or finned friends and tell us what they are thinking? To find out, we're putting pet owners to the test with the personality questionnaire made famous by French novelist, Marcel Proust.

Among her peers, Natasha Wodak is affectionately known as the "crazy cat lady." The Canadian long-distance runner currently divides her time between training for the Summer Olympics in Rio, and volunteering at Vancouver Orphan Kitten Rescue Association. As the current national record holder in the 10,000 metres, Wodak is also known for donning cat ears and painting on whiskers to run in VOKRA half marathon fundraisers.

Adopted from the SPCA, Sammy has been Wodak's constant companion. "Mama's boy" Sammy feigns indifference when it comes to Wodak's accomplishments. Life for Sammy revolves around Weruva's BFF (Best Feline Friend) premium cat cuisine, roughhousing in the garden with Wodak's foster cat, Feeona, and hurling Bluetooth speakers off counters



Natasha Wodak and her cat Sammy in her backyard in Vancouver. RICH LAM/METRO

on a whim.

Sammy does, however, encourage everyone to cheer Wodak on during the 10,000 metre event in Rio de Janeiro on Aug. 12. And on to the questionnaire.

What does Sammy consider his greatest achievement?

Probably that day last summer when he caught a mouse and brought it in to the house and dropped it in front of me — and we couldn't find it for the next 24 hours until 6 a.m. when it was running across my bedroom floor. That was a good achievement, he was pretty

proud of himself.

What does Sammy consider the most overrated virtue?

Cleanliness. He doesn't give a s-t, his litter is everywhere. "Oh look, I've got s-t on my paws, I don't care, I'm going to walk on the bed now. Oh look, poo stuck to my bum, I'm going to wipe it on the floor."

What is Sammy's most marked characteristic?

He either loves you, or won't give you the time of day — he's very snobby sometimes. And he's only really affection-

ate with me, so he makes me feel very special.

What is Sammy's greatest fear?

That his food bowl will be empty.

Which talent would Sammy most like to have?

He'd like to be able to feed himself and let himself out whenever he wanted — so to have thumbs so he could open the cupboard and the door.

What is the quality Sammy most likes in a woman?

That we're more caring so

more likely to feed him when he wants, and give in to his meowing when he wants to go outside. He's got me wrapped around his little paws.

What is Sammy's most treasured possession?

Probably my pillow — he likes to sleep on it.

What would Sammy's favourite occupation be?

A food critic.

What is Sammy's motto?

YOLO (you only live once) — do it up! TORSTAR NEWS SERVICE

TV

Damon's show not renewed by HBO

Project Greenlight won't be getting a fifth season on HBO.

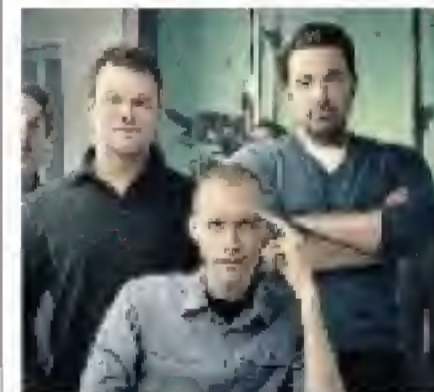
Matt Damon told The Associated Press on Tuesday that he was shocked that HBO didn't pick up his and Ben Affleck's show, which chronicles the production of an independent film.

"I really liked it and thought the show went great," Damon said while promoting the latest "Jason Bourne" film. "I'm not one to question (their programming). They do such a great job. But we have to take it out again."

Damon says that that they'll start shopping the show around again, and he thinks that a streaming service like Amazon or Netflix might be a good fit.

Project Greenlight aired on HBO for its first two seasons from 2001 to 2003, before moving to Bravo for season three in 2005. The show came back to HBO for a fourth season last year to much buzz and some controversy starting with Damon's comments regarding diversity, for which he later apologized.

THE ASSOCIATED PRESS



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Gilmore Girls cast members Lauren Graham and Alexis Bledel. HANDOUT

The Girls are back in town

TV

Also returning is Melissa McCarthy for Netflix series

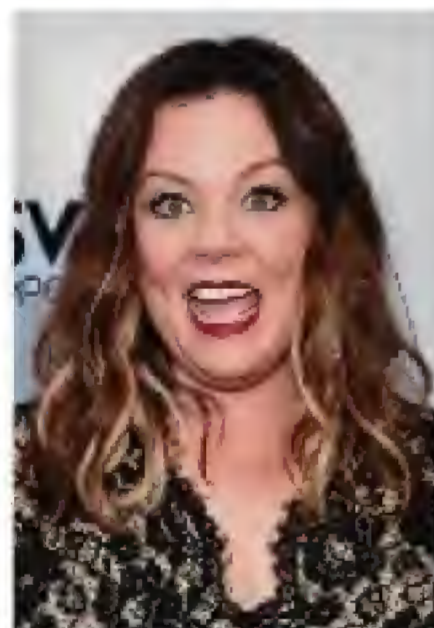
Melissa McCarthy answered the call for Netflix's *Gilmore Girls* sequel and made magic again with star Lauren Graham, the show's creator said.

McCarthy's career has soared with movies including *Bridesmaids* and *Ghostbusters* since she played Sookie in the 2000-07 series, complicating efforts to fit taping into her busy schedule, said Amy Sherman-Palladino. But it was inevitable, she added.

"She's the same," she said. McCarthy and Graham "have a weird Lucy-and-Ethel thing that you kind of have to just see it to understand it," Sherman-Palladino said, and played off each other within minutes of reuniting.

Graham said the entire cast, including Alexis Bledel, Scott Patterson and Kelly Bishop, easily connected again.

"Everything was like, 'Oh, here's the chemistry we had



Melissa McCarthy. GETTY IMAGES

from the very first day we met, and it was just a joy to revisit," she said.

The new series, *Gilmore Girls: A Year in the Life*, includes four 90-minute chapters that will debut globally on Nov. 25.

“

They have a weird Lucy-and-Ethel thing that you kind of have to just see it to understand.

Amy Sherman-Palladino on the McCarthy-Graham bond

sodes to be released gradually. She suggested those inclined to spoil the ending for others get "some therapy" beforehand.

THE ASSOCIATED PRESS

FIREMAN SAM

Cartoon pulled after character's Qur'an slip

Britain's Channel 5 has removed an episode of children's series *Fireman Sam* from its streaming site after a character appeared to tread on a page of the Qur'an.

HIT Entertainment, which produced the show, has apologized "unreservedly" for the incident and says it has cut ties with the animation studio responsible.

In the animated show, a character trips on some paper

“

Have no idea what went through the producers' minds.

Miqdaad Versi of the Muslim Council of Britain

on the floor of the fire station, sending several sheets of paper flying into the air,

including one covered in what appears to be Arabic script. The production company says the page was intended to show illegible text.

Miqdaad Versi of the Muslim Council of Britain, complained about the error, tweeting: "Have no idea what went through the producers' minds when they thought this was a good idea #baffled."

THE ASSOCIATED PRESS



Fireman Sam. HIT ENTERTAINMENT



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5 MUSICIANS TALK ABOUT TOURING WITH THE HIP

For young, largely Canadian musicians, touring with the Hip over the years has led to increased exposure and merchandise revenue, and the chance to hone their chops in front of larger than usual crowds. Here, musicians share their insights on touring with one of Canada's best loved live bands. TORSTAR NEWS SERVICE



Sammy Kohn, The Watchmen

"They were very forthright in terms of stage sharing," says Kohn, second from right in photo. "It wasn't like they were this sort of unattainable, Rolling Stones-type band. They had this little sort of tune-up room with guitars, and Johnny (Fay) had this tiny little drum kit that he tours with. And I don't know how it happened but, somehow, Joey, Danny, Bobby Baker and I were jamming backstage and I was using Johnny's little toy kit. He'd probably never remember that, but it was super exciting for me. Frankly, we were pretty star-struck because they were so talented, charismatic and popular."



Joel Plaskett

"That first show we opened for the Hip, it was about knowing how rabid their fans are. This is a religion for some people in the way that Springsteen shows are. With that in mind, I knew that we had to come out swinging. I knew that Gord was there side-stage, as were a few of the other guys. And that lights a fire under your ass, when there are people you admire who have a vested interest in what kind of show you're putting on before them."

Sam Roberts

"It became evident from that first day that we weren't just going to be apprentices but friends too. In my mind, when you're in a band you have to keep your eyes open all the time and you have to learn from people who do things the right way and the wrong. And to a man, they all did it the right way. They welcomed us and shared their experience with us and we weren't just quarantined in 'opening band land.'"



Buck 65

"I thought, 'What in the world am I going to do to fill an arena?' It was just me, all by myself, but even more importantly, what do you have to do to hold your own when you're going to be playing every night with one of the greatest performers ever? When you're talking about the Tragically Hip, you know the crowd, with an exception of a handful of people, have seen them before. Before they come onstage, there are already expectations. I knew I was up against that. It would be really easy to get swallowed up. I knew I really had to step up and take it to another level as a performer if I were to stand a chance on the same stage."

Paul Murphy, Wintersleep

"The last show of the (World Container) tour was the smallest show. And I felt like, by a mile, it was their best show of that tour. They threw in some really weird songs, but it was a super electric show. We thought, 'Oh, we can draw 400 or 500 people to a show,' but then you see a band like that play to 400 people and it was this next-level thing. And we realized, 'Oh, this is why they are so good.'"



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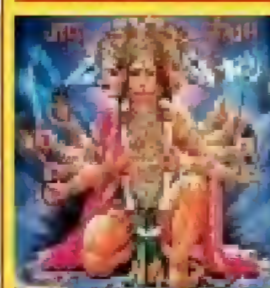
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The real Vegas

DISCOVER

Forget the Strip, this desert city is full of surprises

Nichole Jankowski
For Metro Canada

It's easy to follow the madding crowd in Las Vegas — last year, three out of every four visitors stayed on the Strip.

A privately-owned monorail shuttles passengers the 6.4 kilometres between seven major hotels and casinos, while pedestrian bridges restrict as much as they facilitate movement by requiring those on foot to walk to well-separated staircases and climb two stories just to cross Las Vegas Boulevard.

The Strip is designed so much with tourists in mind that, the story goes, when MGM built its mixed-use CityCenter it did not include a grocery store or school.

Outside of this stretch, however, there are neighbourhoods planning for community — this is the Las Vegas you'll want to take in when the buzz from your electric-guitar-sized to-go cup starts to wear off.

First up is the Downtown Container Park, an open-air entertainment and shopping centre made of repurposed shipping containers, that opened in the East Fremont neighbourhood in 2013.

Entrepreneur Tony Hsieh put

\$350 million into the project to renovate the municipality's true downtown. The small storefronts keep startup costs low, and short-term leases and loans are available for new businesses. Inside the compound are specialty shops like Art Box, which sells the work of local artists and crafters; Simply Pure, a vegan and raw restaurant; and SasaSweets Chill Spot, famous for its artisan popsicles.

Gentrification is spotty, but a couple blocks west a few new bars have opened, including Park on Fremont and Commonwealth, and a renovated El Cortez Cabana Suites provides affordable accommodation despite not having access to the amenities of the Strip.

Abandoned buildings still dot the area, but locals are fighting back with Life is Beautiful. The music and arts festival, which runs Sept. 23-25, boasts headliners Mumford & Sons, The Lumineers and J. Cole this year. There's also a lineup of chefs and educational speakers, but it's the art that makes an impact year-round.

Internationally renowned street artists like D*Face, Borondo and Zio Ziegler are brought in to paint colourful murals on existing and shuttered businesses. These works have become a destination in themselves and the foot traffic is said to be helping reduce crime in the area.

More recently, planners for Strip properties have taken note: the newly opened outdoor corridor between the New York New York and Monte Carlo resorts and the T-Mobile Arena offers a safe, walkable dining and entertainment district that includes public art; its centrepiece a 40-foot-tall sculpture of a dancing woman by artist Marco Cochrane.

To get the big picture, further down the Strip a London Eye-like ferris wheel called the High Roller offers a spectacular view that tops out at 550 feet. A full revolution takes 30 minutes, so head out just before sundown if you literally want to see change on the horizon.

Bliss Dance, a 40-foot-tall piece by Marco Cochrane, in Sculpture at the Park. NICHOLE JANKOWSKI/FOR METRO



Street murals.

JEFF KRAVITZ/FILMMAGIC FOR LIFE IS BEAUTIFUL

MAP

Las Vegas Shortlist

Quick ideas for where to go when you visit:

- 1 Downtown Container Park
- 2 Gold Spike
- 3 Park on Fremont
- 4 Tacos El Gordo
- 5 Peppermill Fireside Lounge
- 6 Mystère by Cirque de Soleil
- 7 High Roller
- 8 The Park Las Vegas



TRAVEL NOTES NEW FLIGHTS AND QUIET BEACHES

Funding for recreation vehicles

Recreation areas in the Ghost public land use zone, a 1,500-square-kilometre tract east of Banff National Park, will be upgraded to accommodate large recreation vehicles, Travel Alberta says. Five areas will receive \$2.5 million for work that includes widening campground roads and campsites. As well, bear-proof garbage receptacles and new washroom facilities will be provided. The work is to begin next year and be completed by 2018-19. THE CANADIAN PRESS



Banff National Park. TRAVEL ALBERTA

New routes for WestJet

WestJet has announced it will add dozens of new flights to its domestic and international networks as part of its 2016-2017 winter schedule. Scheduled to start in late October, new international destinations include Myrtle Beach, S.C., Kingston, Jamaica, as well as cities in Costa Rica, Trinidad and Tobago, Aruba, St. Martin, Los Angeles, Honolulu and the Mexican cities of Cancun and Cabo San Lucas. THE CANADIAN PRESS



WestJet. TORSTAR NEWS SERVICE

Seaside Heights bans speakers

The New Jersey town featured on Jersey Shore is ready for some quiet time on its beaches. Seaside Heights is banning speakers, boomboxes and any other devices that amplify music from its beaches, beginning this month. It's part of a 60-day experiment. Borough administrator Christopher Vaz told NJ.com the council received complaints about loud music, and lifeguards have reported confrontations between beachgoers. THE ASSOCIATED PRESS



Seaside Heights. THE ASSOCIATED PRESS

This hotel is all about Cristiano Ronaldo

SPORTS FAN

Guest rooms feature grass carpets and soccer art

Suffering from Euro Cup withdrawal? Visit the home of this year's newly minted champs and immerse yourself in a Cristiano Ronaldo-themed hotel. In partnership with Pestana Hotel Group, the Portuguese soccer player has opened the first of four new hotels in his hometown Funchal on the charming island of Madeira — with three more to follow in Lisbon, Madrid and New York in 2017.

Games room

The new Pestana CR7 Funchal in Madeira has 48 rooms and one CR7 (Ronaldo's initials plus jersey number) suite, which comes equipped with cardio workout gear, yoga mats, a 48-inch HD TV, Apple TV, and a PlayStation 4 loaded with games and accompanying virtual-reality glasses.



Guest rooms at the newly opened Pestana CR7 Funchal feature grassed carpets, locker-looking closets, and Cristiano Ronaldo-themed soccer art. HANDOUT

Sacred space

Contemporary lifestyle spaces throughout the hotel reflect the CR7 brand and Ronaldo in all his glory — slick, stylish and flashy. Ronaldo's signature fragrance and soccer-themed art are in every room, and his mottos, such as "work hard, play harder" and "to be the best, you need the best" adorn the walls.

Ultimate gift shop

If you don't get your fill of Ronaldo in the actual hotel, don't worry — it's adjacent to the Mu-

sea CR7, an entire museum dedicated to him. Endless rows of glass cases display shiny trophies and soccer balls from games in which the star scored three or more goals. Fans will want to pick up a souvenir from the museum's gift shop, stocked with signed soccer paraphernalia and the CR7 clothing line.

Details

Find out more at pestanacr7.com/en. Rooms start at \$245 (Canadian) per night. TORSTAR NEWS SERVICE



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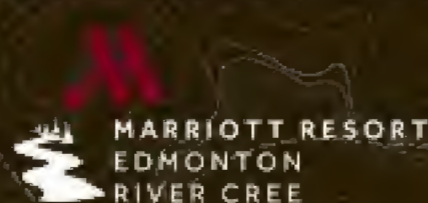
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HEALTH AND WELLNESS

Don't ignore the wear and tear on your feet

We live in an age where people counting their everyday steps have become the norm.

People spend an average of four hours each day on their feet taking approximately 8,000 to 10,000 steps daily — that's a lot of wear and tear on our feet, according to Edmonton Chiropractor Dr. Brian Gushaty.

"It's easy to forget about the part of our body that is taking the brunt of those steps, which is our feet. Many people may suffer from



STOCK

foot conditions and the repetitive stress can take a toll and worsen them," he explains.

Factor in the penchant for Canadians to wear flip flops or sandals during the spring and summer and you have a recipe for painful foot conditions.

"People may love to wear flip flops but they

offer no arch support, heel cushioning or shock absorption and can lead to foot conditions like tendinitis."

Many people also suffer from plantar fasciitis - also known as jogger's heel - which is one of the most common causes of heel pain.

"The plantar fascia is the flat bed of tissue

connecting the heel bone to the toes and supports the arch of the foot. If the plantar fascia is strained, it gets weak, swollen and inflamed. This causes the heel or bottom of the foot to hurt when standing or walking," Gushaty says.

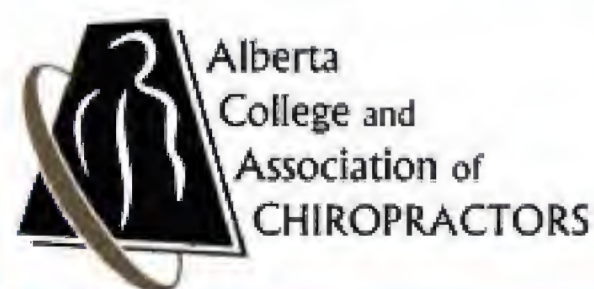
Plantar fasciitis is characterized by sharp stabbing pain in the bottom of the foot near the heel. The pain worsens by bearing weight after long periods of rest. Individuals with plantar fasciitis often report their symptoms are most intense during their first steps after getting out of bed or after long periods of sitting.

There are factors that increase the risk of plantar fasciitis including age, exercise, faulty foot mechanics, excess weight, and occupations that involve a lot of standing.

While some foot conditions are obvious, many others need to be diagnosed and your chiropractor is able to perform a physical examination on your feet and may prescribe certain exercise, orthotics or even encourage rest.

More information, including where to find a chiropractor near you, can be found at albertachiro.com.

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Leading urban destination for spa treatments

Spa treatments make amazing gifts for both men and women who want to treat themselves or each other to rejuvenation and relaxation of the mind, body and soul.

Santa Spa is the leading urban destination for spa treatments including relaxation and therapeutic massages, according to Sante Spa marketing director Christina Arthur Dick.

"You can never go wrong with a relaxing day at the spa and we offer a wide variety of services including our popular therapeutic and relaxation massage services," she says, adding that massage benefits extend beyond the physical.

"It not only feels good for the body but it also revitalizes the mind and soul, too. Massage can de-stress a person on another level, with the help of the powerful human touch, skin treatments and complete body overhaul."

And it's not just women who are turning to spas to recharge; more and more men are



ISTOCK

taking advantage of spa services, too. In fact, Conde Naste Traveler magazine stats show that 35 per cent of spa goers are actually male and the number is rising.

It's the perfect time to take advantage of the July special where clients can purchase two same-day treatments and receive 50 per cent off the second one until July 31 at Sante Spa, which is a boutique spa located at the top of the Hotel Le Germain in Downtown Calgary. For more information, please visit germain.santespa.com.

Helping to treat tough skin conditions

For the thousands who suffer from it, rosacea can be very a very debilitating condition.

Rosacea is a condition in which certain facial blood vessels enlarge, giving the cheeks and nose a flush appearance while causing pain and discomfort for the sufferer. Also known as "brandy nose", rosacea is one of the most common skin conditions people suffer from but there is a highly effective remedy for it; according to Montreal-based distributor Canada Orient International Trade's spokesperson M Chen.

"Unlike a lot of skin products containing hormones, Jian Pai natural skin healer is 100 per cent natural and highly effective for not only brandy nose, but many other skin conditions, too," she says, adding that the product has a NPN

issued by Health Canada. While there are a variety of treatments available, Jian Pai Skin Healer cream is considered one of the most effective.

"There was one sufferer who immigrated from China and dealt with brandy nose for over five years while trying many different medications that contained hormones but the problem re-occurred every time he stopped using the medication," Chen explains.

"He discovered Jian Pai natural skin healer last March then his condition cleared up in three days, his nose was normal within a month and he hasn't suffered again since."

Chen says Jian Pai cream helps heal or reduce various skin problems including athlete's foot and acne issues and is suitable for everyday use.



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Before After

Before After

Before After

Case 1: Linda, a 4 year old girl, suffered from serious eczema all over her body. Doctors couldn't find any medication for her. She got better after Jian Pai Skin Care Cream was applied only once and her skin was fully recovered in 12 days. There were only two recurrences, and everything was cleared up within two days.

Case 2: Hong got terrible eczema, but her skin looked better with only one application of Jian Pai Skin Cream. She was back to normal within 8 days by using the Jian Pai product. She recovered from four relapses within 2 to 3 days after Jian Pai cream was applied.

Case 3: James, 26, suffered from facial dermatitis for many years. He went to see doctors, but dermatology drugs with hormones didn't help. With Jian Pai Skin Healer, his face became smooth and clear in 10 days. He had only one relapse in two months, and hasn't suffered from facial dermatitis for the past 9 months.

Neurodermatitis

Tinea corporis

Psoriasis

Blebitis

Erythema multiforme

Chen

Get rid of those reading glasses

Imagine not having to pick up your reading glasses again just to enjoy your favourite book.

What used to sound impossible is now a reality for thousands of Canadians who otherwise would need reading glasses. A promising new treatment is now available at Gimbel Eye Centre, according to Chief Operating Officer Gregg Becker.

"The KAMRA inlay one of the newest treatments we at Gimbel are offering to address the age old challenge of eyes that come to need reading glasses," Becker explains. "This surgery basically reduces or eliminates the need for reading glasses for qualifying patients."

While the process is newer in Canada, it's been used in many other parts of the world including Europe and Japan for years.

The KAMRA inlay itself is a high-tech insert which is placed into the cornea of one eye in a simple, short and painless procedure, using the same laser technology as other procedures done at Gimbel, which have been used for decades.

"I've had it done and it reduced my use of reading glasses by about 80 per cent," Becker adds.



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Gimbel Eye Centre has been providing safe and high quality service for over 50 years in Alberta and continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry." For more information, please visit gimbel.com.

Change your thinking, change your life

A recent posting on Facebook said, "Sometimes the fear won't go away, so you'll have to do it afraid."

"That is a profound truth," says Dr. Pat Campbell, spiritual director of Calgary Centre for Spiritual Living. "Because sometimes the fear of doing something or going somewhere or trying something — just doesn't go away. The feeling of fear is there, it's tangible, it feels real. And because feelings of fear are not pleasant, they often keep us from doing something we know we should be doing."

"Yet," Campbell says, "Sometimes we have felt the feelings, experienced the fear — and have done the thing anyway. We've done it without knowing the outcome, in spite of the butterflies, dread, shallow breath, racing heart, and tears."

"When we allow ourselves to do the thing, in spite of being afraid, and we make it to the other side — what happens is that we expand our view of what is possible. We can look at that thing that frightened us or stopped us, and know that it no longer has any power over us. We have transcended it. We move forward to the life that is awaiting us," she says.

These are the types of lessons and conversations that are common at the



ISTOCK

Centre for Spiritual Living, whether during Sunday Celebrations, weekly classes and discussion groups, or social events.

Their whole philosophy is based on the theory, "change your thinking, change your life."

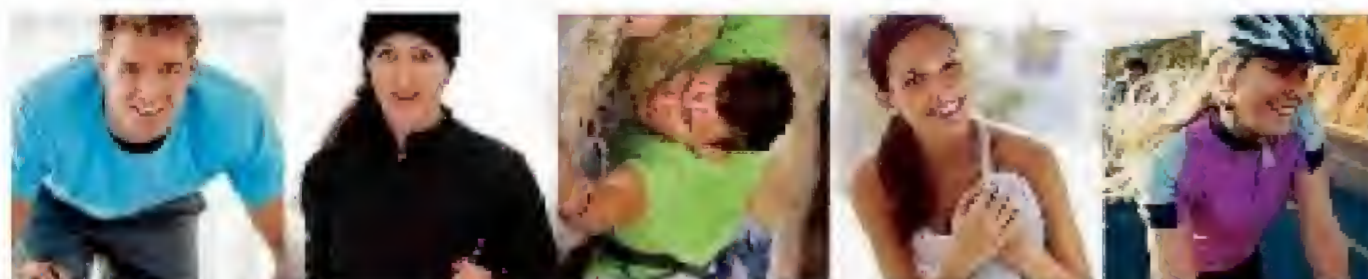
You can find more information by going to their website at calgarycsl.org.

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Walker on path for major breakthrough

PGA CHAMPIONSHIP

48th-ranked golfer grabs early lead with 5-under 65

A drab year for Jimmy Walker took a turn for the worse two weeks ago at the British Open, when he stayed in what was dubbed the "frat house" at Royal Troon with Jordan Spieth, Rickie Fowler, Justin Thomas, Jason Dufner and Zach Johnson.

Walker was the only one to miss the cut.

He still stayed the weekend. He just stayed away from the golf course, and his clubs. How does one kill time in such a small Scottish town?

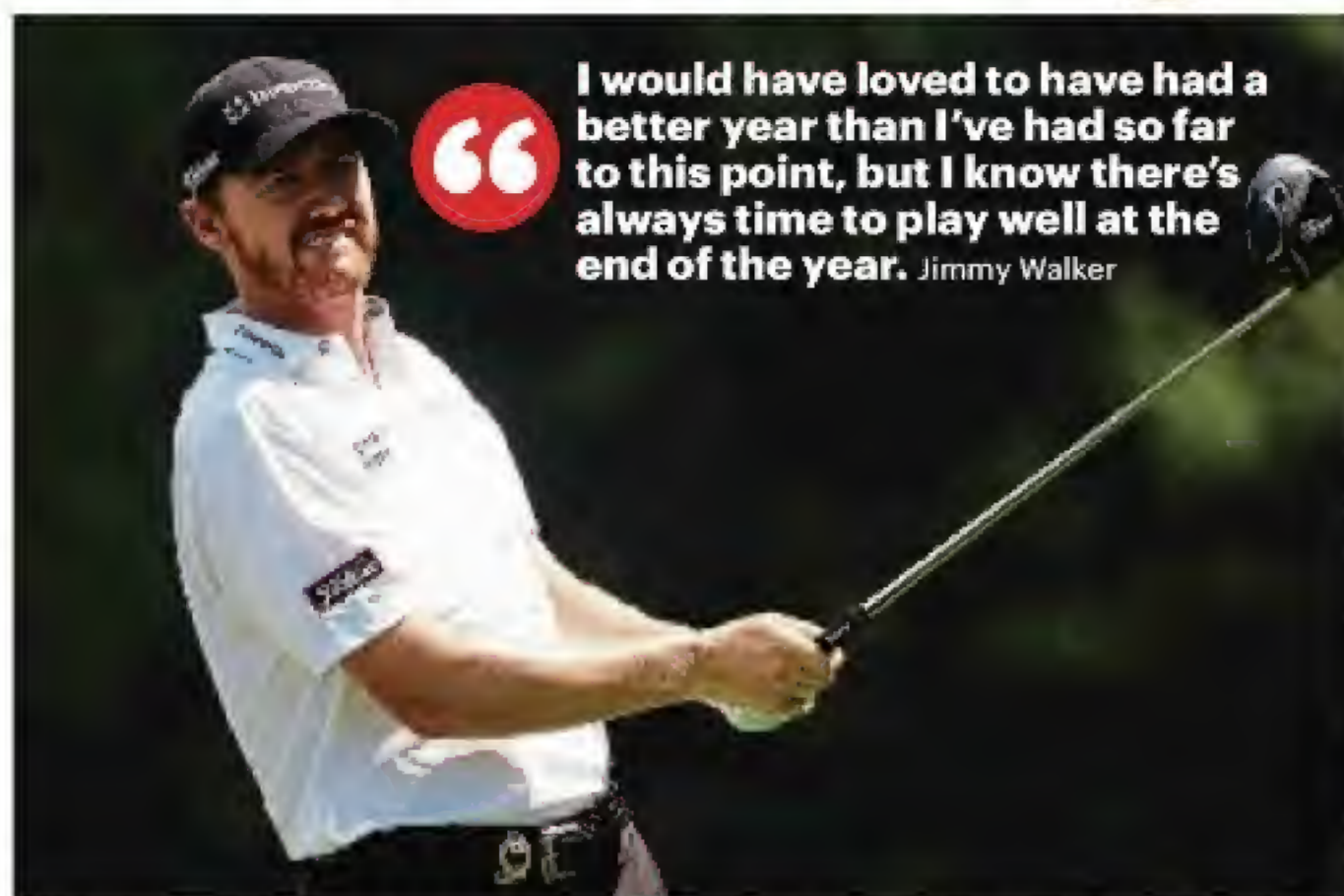
"When the first guy comes back and he's ready for a cocktail, you have one," Walker said.

Thursday in the PGA Championship, the drinks were on Walker.

In the final major of the year, Walker finally saw enough putts to fall at Baltusrol that he matched his low score in a major with a 5-under 65 and wound up leading a major for the first time in his career.

Just like that, a stale year came to life.

Walker had a one-shot lead over two-time major champion Martin Kaymer, Emiliano Grillo and Ross Fisher.



Jimmy Walker tees off on the sixth hole at Baltusrol Golf Club on Thursday in Springfield, N.J. STREETER LECKA/GETTY IMAGES

"I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year. Jimmy Walker

+ MORE SCORES

Jason Day	-2	68
Rickie Fowler	-2	68
Jordan Spieth	E	70
Phil Mickelson	+1	71
Rory McIlroy	+4	74
Dustin Johnson	+7	77

And for Henrik Stenson, a great year might get even better. Coming off his record performance at the British Open,

the Swede had three birdies on the back nine as the sweltering heat gave way to dark clouds and 20 m.p.h. gusts. That gave him a 67, leaving him two shots behind. Stenson is trying to join Ben Hogan in 1953 as the only players to win back-to-back majors at age 40.

"It's going to be a great season for me," Stenson said. "But at the same time, I want to give myself a chance to try to make it the best season."

Walker's year has been so

mediocre that he has finished within five shots of the winner only once this year, at Torrey Pines.

"I feel like all year it's just been real stale and stagnant," Walker said. "It's just ebbs and flows of golf. Just haven't been scoring ... It's frustrating. I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year."

THE ASSOCIATED PRESS

Johnson stumbles out of the gates

Dustin Johnson looked nothing like a major champion Thursday in the opening round of the PGA.

The U.S. Open winner shot 77, including three straight bogey 5s, two double bogeys, and a bogey 6 on the 18th hole that nearly everyone was birdieing.

In all, Johnson beat five players, three of them club pros, and pretty much played his way out of contention while paired with British Open champ Henrik Stenson (3-under 67) and Masters winner Danny Willett (1 over).

Things went poorly from the

start for Johnson, who just last week in the Canadian Open tied for second place, and has been on a tear for much of 2016. Aside from his emphatic victory at Oakmont for his first major, Johnson followed with a victory at Firestone and a ninth at the British Open. He also has made a tour-leading 25 consecutive PGA Tour cuts — dating to the



Dustin Johnson GETTY IMAGES

Honda Classic in March 2015, which he immediately put behind him by winning at Doral.

That Johnson was nowhere to be seen in the brutal heat at Baltusrol. He didn't wilt so much as fall apart pretty much from the outset.

Nothing worked. Not his prodigious driving skills; he

was all over the place and hit only seven of 14 fairways. Not his scrambling; he even left a long bunker shot in the sand on No. 11. Not his approach shots; Johnson got on only 55.5 per cent of the greens in regulation.

And certainly not his putting. He ranked 138th on the greens.

His black attire seemed appropriate for such a round.

"He just didn't have a good day out there," Stenson said. "We all know what he's capable of doing with a golf ball and on a golf course. I'm sure he'll bounce back shortly."

THE ASSOCIATED PRESS

ROGERS CUP

Raonic breezes into quarter-finals

Canadian Milos Raonic downed American qualifier Jared Donaldson 6-2, 6-3 on Thursday night in the third round of the Rogers Cup in Toronto.

Raonic will play France's Gael Monfils on centre court at York University's Aviva Centre in the quarter-finals on Friday.

Monfils beat Belgium's David Goffin 7-6 (5), 2-6, 6-4, earlier in the day to advance.

Top-seeded Novak Djokovic of Serbia played in the final match of the night against Czech qualifier Radek Stepanek on centre court.

Raonic, from nearby Thorn-

hill, Ont., established his dominance from the very first serve, hitting 235 km/h on his first shot of the game.

He fired four aces to earn his first game and won the set with

a slicing backhand volley at the net, pumping his fist as the crowd roared its approval.

Raonic's mastery of the court was on display in the second

set. He charged the net looking for a volley after a serve, but pulled his racket out of the way of Donaldson's return — to the stunned gasps of his fans — to let the ball sail just out of bounds. THE CANADIAN PRESS

"I love to play when it's crowded, and if the crowd is for the other one, it's fine. Gael Monfils

Keys beats Venus in all-American battle

Madison Keys breezed by 36-year-old Venus Williams 6-1, 6-7 (2), 6-3 in an all-American battle of the women's Rogers Cup on Thursday in Montreal.

The 10th-seeded Keys was all over a listless Williams, taking seven straight games before her sixth-seeded opponent held serve for 2-1 in the second set. Williams fought back to win the second-set tiebreaker, but Keys found her serve in the third, punctuating the win with an ace on match point, to reach her first Rogers Cup quarter-final.

THE CANADIAN PRESS



Madison Keys MINAS PANAGIOTAKIS/GETTY IMAGES

IN BRIEF

Rockies rally to beat Mets

Mets steady closer Jeurys Familia stumbled for a second straight game, allowing two runs in the ninth inning as the Colorado Rockies beat New York 2-1 Thursday for their seventh win in eight games.

Familia didn't do himself any favours, throwing a wild pitch to allow David Dahl to cross the plate with the go-ahead run.

The reliever's streak of consecutive regular-season saves was at 52 before Wednesday.

THE ASSOCIATED PRESS

F1 needs more time to test Halo before introducing it

The governing body of world motor sports says frontal cockpit protection will be introduced for Formula One cars, although not before the 2018 season, to allow for more testing.

The F1 Strategy Group agreed on the move after a meeting in Geneva. Drivers, who spoke strongly in favour of the "Halo" system on Thursday, were hoping it would come into force next season.

THE ASSOCIATED PRESS

Herdman hoping for youthful boost

ROAD TO RIO
Warming up for kickoff

Canada coach looked to NFL guru to inspire latest lineup

In the wake of Canada's disappointing exit in the quarter-finals of last summer's home-soil Women's World Cup, head coach John Herdman said he needed time to think and someone to talk to.

Among his sounding boards was Pete Carroll, a guru of that other kind of football and coach of the NFL's Seattle Seahawks. A mutual friend teed up a meeting and Herdman made the drive from his Vancouver home to the Seahawks' home base.

"We talked about some things, like our failings and what led to those things, and looking ahead to the future.... He was an excellent listener and he provoked my thinking," Herdman said in a recent interview.

Herdman's main takeaway from his time with Carroll? "Probably the biggest thing he said that stuck with me was,

"Give those rookies their shot," Herdman said. "Pete just gave us the courage to really thrust them in, as opposed to carefully — and too carefully — manicuring them in."

That youth will be attempting to build upon its bronze-medal performance in 2012 when Herdman's team delivered some of the top moments of the Games.

The bar for future success was set awfully high so after failing to reach it a year ago, Herdman has made changes he insists make for a superior unit.

"The last team, I had nine months to work with them. This group, we've been working for four years to get to this point," Herdman said. "It's always hard to say, 'Is it better?' But in my mind, to be able to have four years of preparation, it's a better team."

Better and younger, thanks in part to Carroll's urgings. Christine Sin-

clair remains the centrepiece up front and veterans are still at the core of the squad. But the injection of the likes of 21-year-olds Ashley Lawrence and Janine Beckie, 18-year-old Jessie Fleming and 17-year-old Deanne Rose makes sense for these Games and the next.

"When is the right time (for youth)? Is it now? Is it tomorrow? Is it in three years' time? I think after the World Cup we realized we needed to add more faces to the team," Herdman said. "We needed to add more craft and guile to our possession and attacking play. And these young players were showing they had that in them ... It's been a great journey. Four years of work. We're well-positioned for these Olympics."

TORSTAR NEWS SERVICE

NHL

Coyotes lock up key defensive pair

The Arizona Coyotes locked up two of their best young defencemen on Thursday, signing Connor Murphy to a six-year contract and Michael Stone to a one-year deal.

Murphy's deal is for \$23.1 million with a salary cap hit of \$3.85 million. Stone's deal, which allows him and the team to avoid a salary arbitration hearing next week, is worth \$4 million.

"We're happy to get these two guys signed," Coyotes

general manager John Chayka said. "Both right shots, which are obviously difficult to find. Both had good years, career years last year and really bought into what the coaching staff was trying to preach with more involvement from the back end in our offence and moving pucks more efficiently." THE ASSOCIATED PRESS



Connor Murphy
GETTY IMAGES

IN BRIEF

Wild, Dumba strike deal

The Minnesota Wild and defenceman Matt Dumba have agreed to terms on a two-year, \$5.1 million contract.

The deal was done Thursday with Dumba, who was a restricted free agent. He'll make \$2.35 million this season and \$2.75 million next season. The 22-year-old was the Wild's first-round draft pick in 2012. THE ASSOCIATED PRESS

Russians head to Rio

A depleted Russian team departed for the Olympics in Rio de Janeiro on Thursday, missing dozens of athletes who were excluded amid the country's doping scandal.

Team members left on a charter flight from Moscow's Sheremetevo airport to Brazil, a day after an emotional farewell ceremony with Russian President Vladimir Putin in the Kremlin. THE ASSOCIATED PRESS



Canada will look to Ashley Lawrence to lead the program's next generation. GETTY IMAGES

AROUND NFL

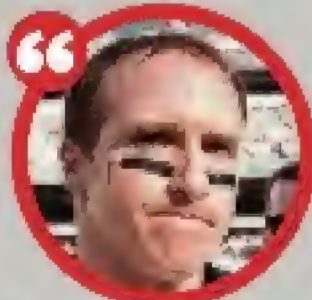
Monday Night Football in Mexico sells out quickly

The NFL says the Nov. 21 Monday night game in Mexico City at Azteca stadium between the Oakland Raiders and the Houston Texans sold out in under a half-hour Thursday. THE ASSOCIATED PRESS

Vikings extend head coach

The Minnesota Vikings have given coach Mike Zimmer a contract extension as he opens his third training camp with the team.

General manager Rick Spielman declined to disclose the terms of the deal. THE ASSOCIATED PRESS



There's a process to this and it's not an exact science.

QB Drew Brees on the inability to agree on a contract extension with the Saints prior to training camp



Super Bowl MVP Von Miller signs autographs for fans in Englewood, Colo., Thursday. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

TRAINING CAMP

Broncos focused on what lies ahead

Shortly after the Denver Broncos began training camp Thursday with Jay Z's On To The Next One blaring over the loudspeakers, their safeties and cornerbacks donned actual blinders.

"It's about focusing on one thing at a time and focusing on what you're supposed to be focused on," safety T.J. Ward said. "You're supposed to be reading the quarterback and supposed to have your eyes on the receiver. Just training your eyes."

Defensive backs coach Joe Woods wanted his guys to see what was in front of them and not be distracted by anything in the periphery.

It was an especially timely initiative given coach Gary Kubiak's opening-of-camp message to put

Super Bowl 50 behind them and focus solely on what lies ahead.

"I told them we're not defending anything; we're chasing the next one," Kubiak said.

Quarterback Trevor Siemian took the admonition to heart, declaring last year "was a heck of a ride. But that team's dead, so to speak."

The biggest question facing the champs is who will succeed Peyton Manning, who retired in March, 48 hours before his backup, Brock Osweiler, signed with Houston.

Mark Sanchez started Thursday and looked sharper than Siemian, a second-year pro who has the most experience in Kubiak's offence.

THE ASSOCIATED PRESS

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RECIPE Mushroom Melt with Pears



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



You can't deny the appeal of a grilled sandwich, and the addition of sweet pears only makes this oozy melt more appealing.

Ready in

Prep time: 5 minutes
Cook time: 10 minutes
Makes: 1 serving

Ingredients

- Pumpkin Bread
- butter
- Dijon mustard (optional)
- cremini mushrooms, thinly sliced
- pears, thinly sliced
- Fontina cheese, grated

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in your sliced mushrooms and push them around until they soften

up. Remove from pan and set aside. Wipe out your pan.

2. Butter the bread (and swipe the other side with a bit of Dijon for adventurous kids or adults) and place each piece in the pan, butter side down. Place a good handful of Fontina on each, then press down a couple of slices of pear, followed by a good spoonful of mushrooms. Place another piece of Pumpkin Bread on top, butter side out. Let that sizzle away for 2 or 3 minutes, peeking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

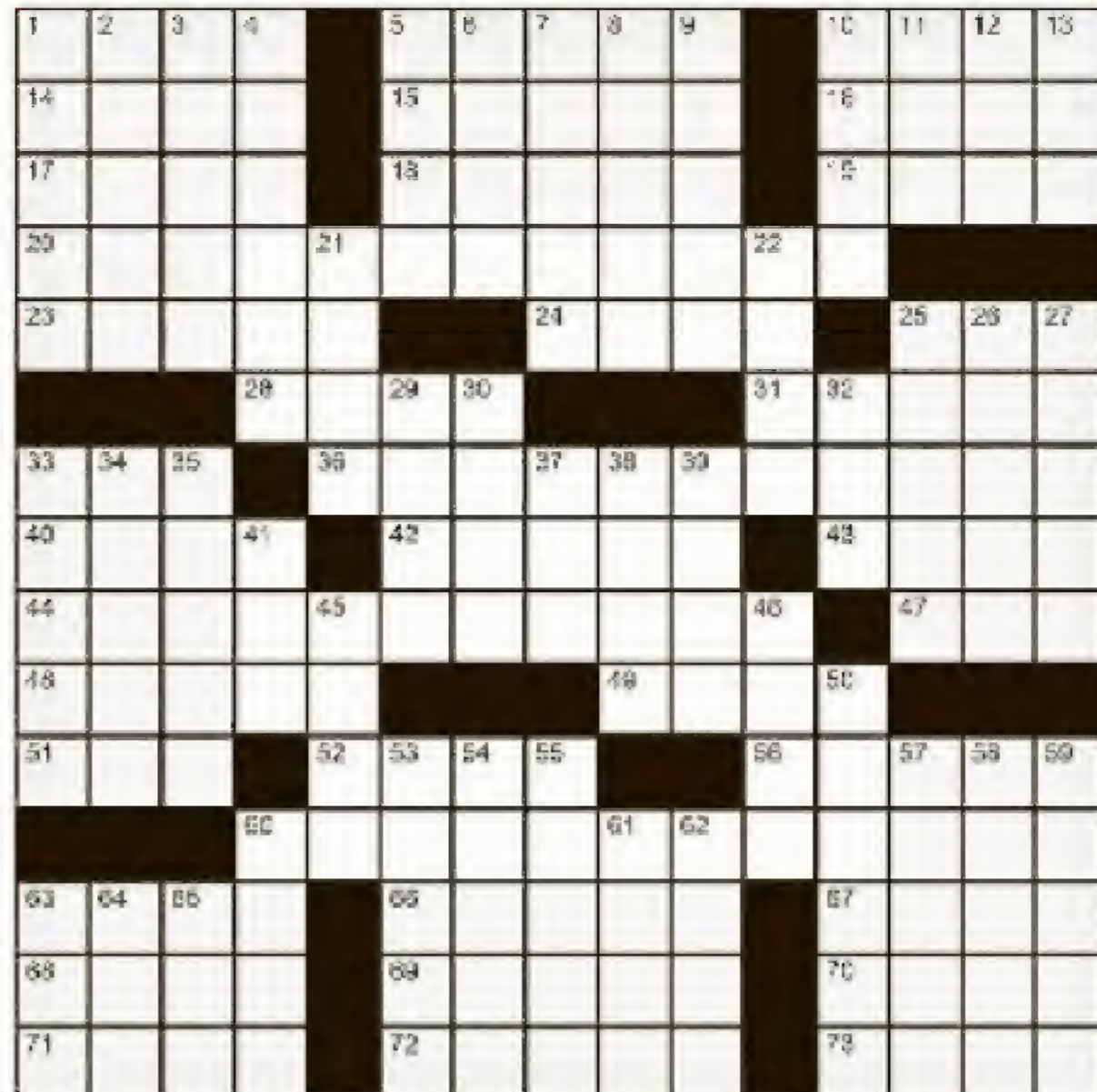
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CROSSWORD Canada Across and Down

BY KELLY ANN SUGHANAN

ACROSS

1. __ Coach
5. John __ (#36-Across)
Newmarket, Ontario born co-star in #44-Across)
10. Young hawk
14. Same, in Sherbrooke
15. Love, in Venice
16. Hound's "Hey!" holler
17. Ancient concert sites
18. __ New Guinea
19. Glimpse
20. Group of Seven painter whose works are currently being exhibited at the Art Gallery of Ontario in Toronto: 2 wds.
23. Result
24. Ms. Redgrave
25. __ and flow
28. Alberta, e.g.
31. Showy variety of lily
33. TV Cousin
36. American comedian/writer/actor who is a co-curator of the exhibit at #20-Across: 2 wds.
40. __ crust pizza
42. Astrological aspect; or, Deuce-ace
43. Part of speech, e.g.
44. "Planes, Trains and __" (1987)
47. Stop-__
48. Doubled-lettered-starting creature
49. Mix
51. Currency in Japan
52. Ivy League school



56. Preference
60. North Shore, __ (1926 oil on canvas by #20-Across)
63. Dawn love song
66. "I" of IV
67. Rock music's Better Than __
68. Forest mammal
69. Marketing

- link: 2 wds.
70. Hobby shop items
71. Dungeon-like
72. Have __ egg (Have savings)
73. __planting ceremony

DOWN

1. Arcade game, Whac-__
2. Vehicle variety
3. Some ducks
4. Shred the sheets: 2 wds.
5. __, Crunch (Breakfast cereal)
6. Nursemaid

7. Certain cactus
8. England: Theatre Royal __ Lane (West End theatre in London)
9. Wish wistfully
10. Ophthalmologist's interest
11. Not-no
12. Matterhorn, for one

13. Operative
21. "Ballad" suffixes
22. King Atahualpa, for one
25. Musicom's Sir John
26. Flashy jewellery
27. Instrument played by #36-Across
29. Mr. Preminger
30. Action word
32. Curve
33. Po River locale
34. Mount __, Bylot Island (Painting of 1930 by the Brantford, Ontario born artist at #20-Across)
35. Greek Myth: Prometheus, for one
37. Gladiator's lucky number
38. Photocopies made bigger, for short
39. Convene
41. __ de plume
45. Ms. Angelou
46. Venue
50. Most unique
53. Dog of Japan
54. Russian leader, b.1870 - d.1924
55. Cosmetics company, __ Lauder
57. Measuring person, say
58. Dessert selection
59. Obliterate
60. Songbird sort
61. Leon __ (Exodus author)
62. Hound's huff
63. Do 'plus' work
64. Musicals star Ms. Salonga
65. Mr. Mulroney

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sports events, romantic dates and time spent with children are areas where you might lose your temper today. Your objective is to have fun today. Keep this in mind.

Taurus April 21 - May 21
Avoid family squabbles or conflict with partners today, because you need this like a fish needs a bicycle. Stay mum and do everyone (including you) a favour.

Gemini May 22 - June 21
Don't try to win an argument today. Don't try to make a point. Demonstrate grace under pressure. Be a role model for others.

Cancer June 22 - July 23
Money squabbles are likely today, especially over children or social situations. Money is always a tricky thing between friends and romantic partners.

Leo July 24 - Aug. 23
Most people are touchy and irritable today, which is why you have to tread carefully. You might feel that you have to defend your ideas or beliefs when talking to someone. Oh well.

Virgo Aug. 24 - Sept. 23
Something going on behind the scenes might annoy you or become annoying for someone else. Assume nothing. Be prepared to smooth-talk your way out of something.

Libra Sept. 24 - Oct. 23
Quarrels with friends or members of groups might occur today. Think of the downside, especially for the future. Don't make a scene. Anger serves no purpose other than to make everyone else miserable.

Scorpio Oct. 24 - Nov. 22
You might be intimidated by someone in a position of power today because he or she is rude or coming on strong. That's his or her problem. You don't have to react.

Sagittarius Nov. 23 - Dec. 21
Do not preach or proselytize to others today because it won't work. People will object. In fact, some people are waiting for an excuse to fight. Don't give it to them.

Capricorn Dec. 22 - Jan. 20
Postpone discussions about shared property and inheritances for another day, because something will go south fast today. Easy does it.

Aquarius Jan. 21 - Feb. 19
It's not easy dealing with people today, especially bosses and partners. Before you know it, they are at loggerheads. Run away! Run away!

Pisces Feb. 20 - March 20
Another argumentative day! The difference today is that arguments will likely take place at work. Chill out. Stay on good terms with co-workers because you have to work with them tomorrow and tomorrow and tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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PRAYER IS THE MASTER KEY

Every problem requires different approach. There are some problems that should be handled with intensity. Even our Lord Jesus Christ realized this fact when he told His disciples, "But this kind does not go except by prayer and fasting" (Matthew 17: 21 AMP). Even where it seems no solution is forthcoming do not give up, but continue in prayer and the Lord will answer you.

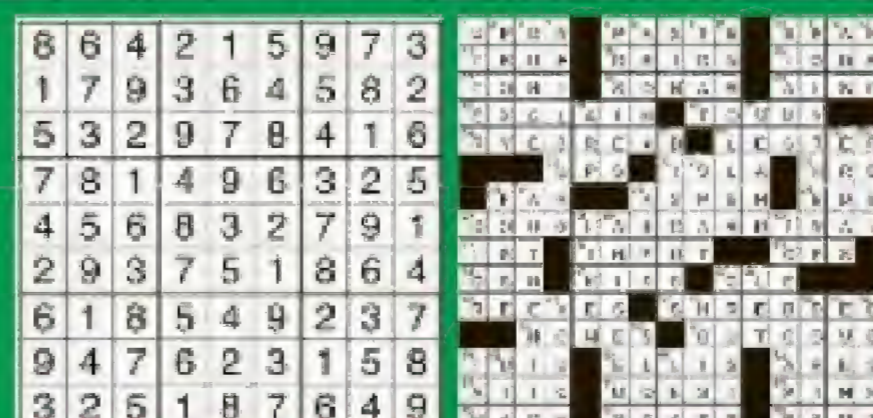
For prayers and counseling call the pastor at 587-579-0451

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YESTERDAY'S ANSWERS

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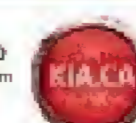
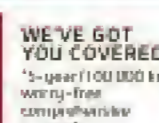
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